

## Causes and Motivations of Child and Adolescent Suicide

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### ABSTRACT

*In recent years, there has been an increase in the number of suicides among children and adolescents. Naturally, this, in turn, requires the development of measures aimed at preventing the evil of suicide, which is foreign to humanity and society. In order to prevent the occurrence of suicide, like all negative diseases, it is necessary to find out the cause of its origin.*

**KEYWORDS:** *suicide, motive, behavior, character, conflicts, somatic diseases, emotion, upbringing.*

### INTRODUCTION

Effective scientific researches have been conducted by a number of researchers in different years to study the causes and motives of suicidal behavior, in which they try to analyze the factors that cause suicide in each age period. In particular, if children and adolescents commit suicide due to bad grades in their teacher's diary, reprimands and inquiries from parents and relatives, inability to learn school curriculum, mental illness and emotional instability characteristic of adolescence, the same energy during the maturity period, when the hopes and dreams of the youth did not come true, family conflicts and choosing to commit suicide in order to escape from the pain, and during the old age, he tries to commit suicide because of the pain of old age and the burden on someone else.

It is known that in order to make a suicide attempt, it is necessary to have certain conditions and situations. At this point, it is worth noting that it is important to distinguish the condition factor from the cause and excuse of suicidal behavior. A factor is understood as a set of events that, although they do not create a concrete consequence, create a favorable and necessary opportunity and conditions for the development of suicidal behavior. There is no event that can develop and materialize without conditions. Sometimes the same cause can cause different events and incidents. This condition depends on the factor.

### DISCUSSION

A pretext is a reason for the implementation of events. A pretext is external and contingent in nature, and serves to establish causality or correlation between events. In turn, an excuse can provide some information about the motive of the suicide. Sometimes, excuses, circumstances, and motives for suicidal behavior can reveal the reason for the suicide.

As it turns out, it is not always successful to determine the motive of suicide of children and adolescents. First of all, if the reason for this is that parents and relatives refuse to tell the full truth as a result of their behavior like "it's done, the dead can't be resurrected anyway", secondly, because suicide attempts are sometimes committed because of intimate relationships, suicide victims' refusal to talk about their actions makes it difficult to determine the real reasons and motives of suicide attempts. Therefore, determining the reasons and motives of suicide of children and adolescents requires the implementation of a number of complex tasks. The characteristics of the suicidal personality include changes in character, temperament and behavior, emotional volitional and age

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characteristics, analysis of school activities, as well as the study of family and peer status, psychological environment, and the like. However, due to the fact that such suicidal factors always have a complex interrelationship with the external world and the inner world of a person, and are composed of a set of equally important and interconnected biological, psychological and social components, it is observed that they do not always give good and lasting results.

It is known from the social psychological research conducted in Uzbekistan that the causes and motives of suicide of children and teenagers are different and varied, including pre-puberty and the main motive of suicidal behavior in the age periods of minor puberty /puberty/age, conflicts and experiences related to health (main mental illness) and fear situations serve, personal family conflicts, disputes between teachers and students, and social morality in the age periods of puberty and post-puberty are the main motives of disputes related to norms.

The manifestation of health status as a main motive in pre-puberty and sub-puberty is determined by the fact that suicide victims are young and do not face conflicts related to personal, family and social moral norms. In puberty and post-puberty, the age, bio-psychological and social needs of suicide victims increase, prompting them to approach family relations and conflicts between teachers and students, related to material and household support. The emergence of such relations leads to the emergence of conflict situations and their manifestation as the main motive.

In many cases, due to the fact that the reasons, excuses and motives of suicidal behavior are intertwined, there are many difficulties in studying the reasons, excuses and motives of suicide of children and teenagers as a single event. Therefore, based on the results of our research, a conditional classification of the causes, excuses and motives of suicidal behavior in children and adolescents was made. Accordingly, the excuses and motives of suicide of children and teenagers are expressed as follows:

### ***1. Family conflicts.***

- a) Loneliness.
- b) The death of a close person.
- c) Unsuccessful love and conflicts related to love.
- d) Physical and moral humiliation of children by parents or other family members.

### ***2. Disputes related to health.***

- a) mental illnesses.
- b) somatic diseases.
- c) congenital or life-acquired disabilities.

### ***3. Conflicts related to social norms.***

- a) avoiding criminal liability.
- b) avoiding other kinds of punishment and shame.
- c) falling into organized crime groups.

### ***4. Disputes related to the study process.***

- a) inability to master educational programs.
- b) postponement to the second year in the class.
- c) v. suspension from school.

### ***5. Disputes related to material and household maintenance.***

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- a) insufficient provision of necessary conditions due to material shortage (clothing, table and chairs, food, etc.).
- b) inappropriate (regardless of the circumstances) demands made by children and adolescents.

According to the results of the study of the motives of suicide of children and adolescents, we can see that family conflicts appeared as the main motive between other conflicts.

Suicide attempts related to family conflicts are often caused by loneliness, loss of a loved one, parents' lack of understanding of children's mental world, their young characteristics, rude interference in young people's emotional experiences related to love, some young people engage in sex before marriage and the infidelity of a loved one, and the lack of hygienic knowledge in some young people. Suicide attempts made on the basis of family conflicts show that this motive level is clearly expressed with the increasing age of suicide victims. The main reason for the manifestation of such a view is related to the process of growth of vital, psychological and biological needs of children as they grow older. In addition, the emotional instability, age characteristics, and lack of life experiences characteristic of adolescence and adolescence lead to a high level of suicide attempts based on family conflicts.

There are also suicide attempts among children and adolescents motivated by the death of a loved one. It is observed that such suicidal attempts are caused by children and adolescents getting used to someone (father, mother, grandmother, grandfather, brother, etc.) and the sudden death of that person causes a strong sad state in the child and causes the origin of suicidal behavior. According to age indicators, suicide attempts related to this motive mainly correspond to young and middle puberty.

According to the degree of completion and incompleteness of suicidal attempts depending on the family motive, suicidal attempts among children and adolescents are mainly aimed at depriving oneself of life, not the content of the actual suicidal behavior but also, it showed that it has a "call" and "demonstration" content aimed at restoring lost socio-psychological relations and expressing one's dissatisfaction with the imbalances in the social environment. The high rate of suicide attempt completion indicates that suicidal behavior in children and adolescents has a real meaning. Also, the high rate of completion of suicide sometimes depends to a large extent on the choice of method of suicide attempt.

62.4% of the suicide victims who attempted suicide due to family disputes have a positive attitude, they are children and teenagers who have a good reputation in the family and at school, are active in public affairs, are polite, moral, and learn subjects with "excellent" and "good" grades. 47.6 percent of the suicide victims who made a suicide attempt due to this motive are children and adolescents with negative behavior. Children and adolescents with negative attitudes commit suicide mainly due to conflicts related to love and early sexual intercourse.

Health-motivated suicide attempts among children and adolescents are caused by mental, somatic diseases and acquired disabilities. According to age indicators, such suicide attempts are different, and they are as follows: suicide committed on the basis of mental illness is equal to 35.71% in the period of pre-puberty, and 17.18% in the age of minor puberty. It is 7.56% and 4.36% in the age periods of puberty and post-puberty. These percentages indicate that the rate of suicide attempt related to mental illness decreased with increasing age of the suicide victim. Suicides caused by somatic diseases and acquired disabilities do not have a stable appearance at one age or another.

According to the results of the research, the majority of suicide attempts committed on the basis of mental illness were not registered by the mental health dispensary. It should not be forgotten, taking into account the importance of the organization of examination and registration of mentally ill children and adolescents at the dispensary of mental diseases in the prevention of suicides related to this factor. Also, the occurrence of suicide attempts due to somatic and acquired disability indicates

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the need to conduct psychological and psychiatric interventions with such children and adolescents. Although suicide attempts caused by congenital and acquired disability are not harmful to life, we can witness that the fact that close people, classmates and other people put his disability on his face or imitate it caused suicidal attempts depending on this motive.

It is observed that suicide attempts related to somatic illness and the state of acquired or congenital disability (and puberty and post-pubertal age are more common in old age). The study of the process of origin of suicidal attempts committed on the basis of behavior contrary to moral norms shows that children and adolescents are encouraged to do so because of fear of punishment for their actions, shame of revealing their secrets and being ashamed. Also, sometimes inappropriate punishments by adults have been the reason for committing suicides related to this motive. In some cases, cases of young people falling into organized gangs have caused suicide attempts due to behavior that is contrary to moral standards. We witness that the inappropriate behavior of young people, especially girls, in sexual relations is the cause of suicides due to this motive. According to the results of the research, the presence of unhealthy psychological environment was observed in the families where children and teenagers who committed suicide based on the behavior contrary to the norms of social morality are raised. In such families, it is noticeable that the parents do not have their authority in front of their children or are on the verge of losing it.

The psychological meaning of suicidal attempts related to immoral behavior is related to the avoidance of pain and shame and helplessness. Although such suicides often have the content of real suicidal behavior aimed at depriving oneself of life, it was observed that during puberty and post-puberty, the demonstrative content of the suicidal behavior began to be clearly manifested. It was observed that most of the suicide victims who committed suicide based on this motive have negative behavior according to their personality characteristics.

Academic performance is also average, and some children and adolescents are suspended from class, have a habit of not coming to school, and disrespecting the teachers. According to the level of psychological and mental development, they have the characteristics of emotional instability, impetuosity, lack of will, arrogance, egoism and mental instability, and it is observed that they clearly manifest conformity and hysterical personality types. It was also pointed out that they lacked sharp abilities and lack of deep reasoning. Suicide attempts committed on the basis of conflicts related to study activities are mainly committed due to conflicts between the teacher and the student, and often they are characterized by having a demonstrative content.

Suicidants who made suicide attempts based on this motive, in the state of suicide, like all suicides, show the characteristics of emotional instability, agitation, low self-esteem, according to the tone of such suicide attempts: Suicides based on conflicts between teachers and students are 24.39% and 14.07% in puberty and post-puberty, and 24.21% in the age of minor puberty.

According to personality characteristics, 27.41% of children and adolescents with positive quality and 72.59% of negative qualities of suicide victims who committed suicide due to conflicts related to study activities. The presence of an unhealthy psychological environment in the family has a negative impact on children and adolescents, causing them to become bored with studies. Also, in such families, parents' lack of interest in their children's studies, lack of supervision, led to conflicts related to social moral norms and academic activities. It was observed that some individual psychological characteristics and mental retardation in students caused suicide attempts related to study activities. Such suicides are often committed as a result of students' failure to change the curriculum, teachers attribute this characteristic to failure to prepare for lessons, and do not realize that their intellectual development is behind.

It was observed that suicide attempts related to financial support were not created for children and adolescents in the family, and in some cases, they were committed as a result of inappropriate

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demands of children and adolescents without taking into account the family situation. Such inappropriate demands are observed more often among teenage girls, and we have seen that they have quarreled with their parents and other family members over clothes, causing various quarrels, and as a result, they have made a suicide attempt. According to age indicators, suicide attempts related to this motive are more observed especially in the age periods of puberty and post-puberty. In order to prevent suicide attempts related to financial support, we believe that it is appropriate to provide financial support to underprivileged families and children and adolescents who are being raised without parents by various savings funds, social security departments, and neighborhood charity funds.

Thus, according to the results of the study of the excuse and motive of suicide of children and adolescents, it is shown that the excuse does not always correspond to the motive of suicidal behavior. For example, if conflict situations between parents or other family members, teachers serve as an excuse for a suicide attempt, chronic illness, loss of a loved one, or immoral behavior of one of the parents appear as motives. Or if getting a chronic disease or losing a loved one serves as an excuse for a suicide attempt, we see that chronic conflict situations between parents or teachers play the role of motive.

In some cases, it is observed that the excuse coincides with the motive of suicidal behavior. For example, if the long-term continuation of conflict situations, its complication serves as an excuse for a suicidal attempt, we can witness that ending the conflict situation and getting rid of it played the role of motive.

It is known from the researches that the motives of suicidal behavior change not only under the social, spiritual and influence of suicide victims, but also depending on their age and individual psychological characteristics. Because each age period has its own crisis periods and difficulties, which cannot fail to influence the motive of suicidal behavior. Examples include school problems for teachers, achieving personal freedom for teenagers, and youth "crises" during adolescence.

The results of studying the motives of suicide of children and adolescents show that one or another motive does not always play the role of a suicidal factor. In particular, insufficient material and household support played the role of a suicidal factor in some cases, and sometimes it did not play at all. It often depends on the suicidal person's attitude towards these factors. For example, in some children and adolescents, the presence of feelings such as egoism, arrogance, excitability, emotional instability, insufficient material and household support in them limits the ability to rationally understand the situation, and leads to various wrong conclusions, including the feeling of being discriminated against, the inability to dress like others and causes suicidal behavior. We also see that the death of a loved one, mental and physical humiliation, or bad grades at school are not always suicidal factors. Suicidal attempts depending on these factors arise in special cases, that is, based on the individual psychological attitude of the suicidal person to the suicidal situation. For example, suicide attempts related to the death of a loved one were committed in children with the characteristics of impressionability and emotional instability, while others were not so affected by this situation.

## RESULTS

Determining the motive of suicide of children and adolescents depends to a large extent on the cause of suicidal behavior. A.A. Sulonov, as a result of his research on a group of mentally healthy adolescents, states that there are the following reasons for suicidal behavior in children and adolescents:

1. Disadaptation in relation to social conditions and lifestyle.
2. Family conflicts.

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3. Consumption of alcohol and narcotic substances.
4. Conflicts related to sexual relationships.

And A.E. Lichko in his research cites the following reasons for adolescent suicidal behavior:

1. Losing a loved one.
2. Fatigue and strong emotional impact.
3. The destruction of the dignity and personality of the person.
4. Addiction to alcohol and drugs.
5. Trying to put oneself in the place of a person who committed suicide.
6. Feelings of excitement, fear and sadness and so on.

Before studying the process of derailment of social-psychological adaptation of children and adolescents, it is appropriate to explain the process of adaptation itself. According to philosophical sources, the concept of adaptation is a process that occurs as a result of the interaction of living nature with the external environment, it lies in all mental activities of a person and determines their theoretical basis. Through the process of adaptation, a person adapts to the events of the social environment. Loss of harmony between the individual and nature leads to loss of social-psychological adaptation (disadaptation). Derailment of socio-psychological adjustment occurs in human behavior and manifests itself in pathological, socio-psychological and biological forms. Therefore, it would be wrong to try to explain the disadaptation process by one factor.

Early signs of maladjustment in children and adolescents include the frequent occurrence of conflict situations between family members, complacency in academic activities, difficulties in mastering subjects, and frequent conflict situations when communicating with classmates and others, mental instability, restlessness, somatic and manifests as mental illness.

The following manifestations of maladaptation were observed in children and adolescents:

1. Disadaptation due to personality characteristics.
2. Disadaptation arising as a result of psychogenic exposure.
3. Disadaptation related to somatic and mental illness.

The process of disadaptation, which depends on personality characteristics, occurs due to behavioral deviations, emotional instability, impulsivity, insufficient development of mental abilities, if it arises on the basis of age characteristics and sexual maturity, disadaptation caused by psychogenic influences, parents and other family members, conflicts between teachers and classmates, death of parents or relatives, and various diseases. It is observed that disadaptation due to somatic and mental illness was caused by strong flu, gastrointestinal diseases, skin and respiratory diseases.

According to the results of studying the process of derailment of social and psychological adaptation in children and adolescents, in family relationships, parents and other members of the family do not consider the feelings and mental experiences of children and adolescents, emotional isolation (isolation) of children and adolescents in their family, insufficient financial and household conditions in the family according to the subjective assessment of the suicide victim, addiction of one of the parents to alcohol and drugs, immoral behavior caused the emergence of the maladaptation process. In the study activity, we see that unfair treatment of teachers, not having one's own position among classmates and falling into isolation (isolation) in the group, and interpersonal conflicts between classmates served as the basis for maladaptation.

It is known that suicide can be committed not only at the peak of maladaptation, but also in mild

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forms of maladaptation. The suicidal attempts made in such cases are characterized by the fact that they have demonstrative content.

Among the causes of suicidal behavior of children and adolescents, interpersonal conflicts, including conflicts between teachers and students and between parents and other family members, are shown as one of the main reasons, and it shows that the largest part of suicides of children and adolescents is committed based on these reasons. It was observed that the suicides carried out on the basis of these reasons are caused by the rudeness of parents and teachers in communicating with children and teenagers, not considering their feelings, and injustice.

The index of suicide attempts by age shows that the number of suicide attempts due to interpersonal conflicts increases with increasing age. It is known that suicide attempts caused by interpersonal conflicts mainly correspond to older age periods (puberty and post-puberty age). The occurrence of suicidal attempts at older ages is due to emotional instability, youth crises and lack of life experiences, as well as bookish perception of events and romanticism characteristic of adolescence. Many adults are unaware of these characteristics in children and adolescents. This often causes conflicts between adults and adolescents.

The fact that parents do not know the psychology of children and adolescents, that they raise their children in the family to be too masculine, and that they care for them too much has led to the origin of suicide attempts based on this reason. Children and adolescents brought up in this way develop deviant behavior quickly, and due to the lack of well-developed independent thinking and adaptability skills, they lose themselves even in uncomplicated simple conflict situations and have various difficulties in ending conflict situations.

It is observed that the non-distribution of household chores in the family according to age, gender and strength has also caused suicide attempts due to interpersonal conflicts.

Conflicts related to love, engaging in sex outside of marriage are also causes of suicide attempts among children and adolescents. In suicides related to this cause, it is noticeable that the rate of suicides increases with the age of the suicide victims. Suicide attempts caused by love-related conflicts are also committed by teenagers due to separation from their beloved boyfriend (girlfriend), infidelity of the boyfriend (girlfriend) they love, and sex outside of marriage. Such suicidal attempts often have an impulsive nature, caused by a sudden strong urge, and not a pre-conceived real intention to kill oneself.

Unmarried sex is sometimes seen as a cause of suicide attempts in adolescent girls. Such suicide attempts are committed due to teenage girls succumbing to youthful feelings or falling for the tricks of young men and engaging in sexual intercourse. The predominance of the degree of completion of suicide attempts made on the basis of this reason, according to the degree of completion and incompleteness, gives the conclusion that such suicidal attempts have a real meaning aimed at suicide.

Sometimes young girls (9-11 years old) were touched by older persons on their girlhood (honor) as a reason for suicide attempts. According to the researchers, such events are carried out only by mentally unhealthy and borderline unhealthy individuals. However, we see that such incidents are committed by perfectly healthy, conscious people. Suicides related to this cause are usually committed as a result of girls becoming older and feeling psychologically intractable after realizing that they have violated their virginity.

Alcohol and drug addiction are also observed to influence the origin of suicidal behavior in children and adolescents. Suicides due to this reason are committed as a result of behavioral deviations in children and adolescents, which are caused by defects in family education and unhealthy psychological climate prevailing in the family. It is observed that 84.6% of the families where

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suicide attempts were made due to addiction to alcohol and drugs were families with improper and immoral behavior and an unhealthy psychiatric environment, while 15.4% were families with a healthy environment. Suicidal attempts due to this cause occur during puberty and post-puberty.

It is observed that exhaustion, excitement, fear, sadness are also the cause of the origin of suicidal behavior in children and adolescents. According to the age periods, it mainly corresponds to the younger age periods. In our opinion, correctness at a young age depends on the lack of young psychological characteristics and life experiences of children.

## CONCLUSION

Thus, the results of the study of the causes and motives of suicide of children and adolescents can be concluded as follows:

- family, student and teacher conflicts appear as the main motive of child and adolescent suicide;
- interpersonal conflicts, exhaustion, excitement, fear, grief, and disagreements related to love are considered to be one of the main reasons for suicide of children and adolescents;
- regardless of the fact that suicide of children and adolescents is committed on the basis of various reasons, its root is due to conflicts in the micro-social environment;
- loss of social-psychological adjustment is considered the initial stage of the emergence of suicidal behavior;
- the attitude of the suicident towards the suicidal situation determines the execution of the suicidal attempt;
- the origin of the suicidal behavior is influenced by the age and individual psychological characteristics of the person, the value orientation and the level of upbringing.

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