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Prevention Of Student Youth Suicidal Behaviour

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Abstract

The aim of the research is to study the prevention process aimed at decreasing suicidal risks among student youth. On the basis of the received results, there has been determined and grounded the complex of social and pedagogical conditions providing prevention of student youth suicidal behavior which includes diagnostics in the field of suicidal behavior forecasting, development of effective program on prevention of suicidal behavior in student youth environment. 120 students of the Institute of Pedagogy and Psychology of Kazan (Privolzhsky) federal university took part in the experiment, there were revealed students inclined to destructive behavior among them. The battery of tests was used to gather information. The received results were exposed to statistical processing. To decrease suicidal risks the prevention program has been developed and approved.

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Introduction

New epoch implies new tasks for pedagogues, psychologists, social workers. The prevention of student youth suicidal behavior in Russia is determined by economic factors, low spiritual-moral level, growing number of law infringements among teenagers and youth, alcohol and drug addiction problems, absence of specially trained staff of group leaders and academic leaders, lack of literature on this issue.

Suicide (self-annihilation) is conscious, intentional life self-deprivation. Suicide should be considered within the frames of a complex problem of suicidal behavior which includes: suicide thoughts, suicide preparations, suicide attempts, suicide intentions, suicide act (A.G.Ambrumova (1986), A.Yu. Egorov (2010), S. A.Igumnov (2010) E.B. Zmanovsky (2003). The significant contribution to the development of suicidal behavior issue was made by

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A.G.Ambrumova (1986), Ya.I. Gilinsky (2000), E.Grollman (2005), E.V. Zmanovskiy (2003), E.Durkheim (1994), Y.Kleiberg (2001), K. Menninger (2001), P. I.Yunatskevich (2000) and other researchers.

Professor E. Shneidman (2001) of the Californian University in his monograph "The suicide mind" described for the first time the common signs of suicidal actions disposition, having called them "keys to suicide".

- The common purpose of all suicides is to seek a solution to a problem that is "generating intense suffering".
- The common goal of all suicides is cessation of consciousness of unbearable pain.
- The common stimulus of suicide is unbearable mental (psychic) pain.
- The common stressor in suicide is frustrated psychological needs - never happens groundless suicides.
- The common emotion in suicide is hopelessness-helplessness, however it can be hidden behind other feelings, for example, anger.
- The common inner attitude to suicide is ambivalence, i.e. simultaneous desire to live and desire to die.
- The common perceptual state in suicide is constriction of cognitive sphere. The consciousness becomes "tunnel" – choice of behavior patterns, usually available to the person, are sharply limited, as a rule, to an alternative.
- The common action in suicide is egression (escape). It reflects aspiration of the person to leave a disaster zone.
- The common interpersonal act in suicide is communication of intention. Individuals intent on committing suicide consciously or involuntarily give signals of distress.

The percent of young people in Russia, especially schoolchildren and students from prestigious higher educational institutions, wished to leave life, is great. What are the motives and factors of suicidal behavior? Clarification of true motives, their systematization and analysis give a serious material for prevention of suicidal behavior. A.G.Ambrumova (1986) and E.M. Vrono (1984) state that in order to determine factors of increased suicidal risk of youth it is expedient to classify motives and reasons of suicidal acts (as consecutive reduction of their specific weight) according to the following groups:

1. Personality-family conflicts: unfair relation of relatives and surrounding people; loss of significant "another"; obstacles to satisfy urgent needs; loneliness; unsuccessful love; lack of attention from surrounding people; sexual failure.

2. Pathological motives (caused by disorders of mental activity): somatic diseases, bodily suffering; malformation

3. Conflicts connected with deviant social behaviour: fear of judicial responsibility; fear of punishment, disgrace; self-condemnation for improper behaviour.

4. Conflicts in vocational or educational spheres: failures at work or study, fall in prestige; unfair requirements to professional or educational duties execution.

5. Financially – household difficulties.

6. Other motives and reasons.

Preventive work is necessary to decrease suicidal risks. Today the Russian state and society offer different variants of psychological and pedagogical support for the youth: advisory services and centers, programs aimed at the development of the personality and assistance in the solution of difficulties in the establishment of relationship, emotional breakdown, prevention of suicidal intentions, personal problems. In Russian social psychology, prevention is understood as a set of government, public, social and medical, psychological-pedagogical and organizational activities aimed at prevention, elimination and neutralization of main conditions and reasons causing different social deviations in behavior of young people.

We understand specific social and pedagogical process of impact and interaction of teachers and students in educational institutions, directed on the prevention of suicidal phenomenon among student's youth (Kostyunina, 2012) as pedagogical prevention of suicide phenomena. To make pedagogical prevention successful, it is important:

- to form healthy life style (motivation to achieve success has to prevail over motivation to avoid failures) which is characterized by readiness to actively oppose negative factors of environment;

- to form proactive attitude of students;

- to introduce training programs for parents the aim of which is to prevent suicidal behavior of youth.

The aim of the research is to study the prevention process aimed at decreasing suicidal risks among student youth.

2. Methods

Testing of student's youth suicidal risk was carried out by means of student's youth attitude to suicidal actions

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