



CAUSES AND ANALYSIS OF SUICIDAL THOUGHTS AMONG ADOLESCENTS

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Not to mention, mental health puts people's lives at risk.

ABSTRACT

The article examines the causes of suicide among adolescents and their causes. It also presents the causes of adolescent suicide, as well as data and analysis from the World Health Organization.

KEYWORDS: *suicide, adolescence, taboo, epidemic, virtual world, murder, global problem, Southeast Asia, social virus.*

INTRODUCTION

Suicide is the second leading cause of death among people aged 15 to 29. But, nevertheless, in society, this topic is considered taboo [1], i.e. they don't talk about it openly. The government proposes to spread messages on threats posed by the virtual world.

“When you try to commit suicide, people think it's a crime. In fact, this is not so,” said 20-year-old Lauren Ball [2], who has committed suicide several times.

In some societies, the topic of mental illness has recently come up. But some are still silent. At the same time, experts say that this "epidemic" must be fought immediately: the number of suicides among adolescents is on the rise. According to the World Health Organization (WHO), this topic has long been a taboo.

The widespread social “trends” of recent times - insults and threats in the virtual world, the spread of ideas like a social virus - exacerbate this ineffable problem and endanger the lives of more young people.

“Suicide is a very difficult problem. In most cases, the motivating factor is not the only one. In addition, suicide rates among young people have not been well studied and researched,” said British suicide scientist Ruth Sutherland [3].

According to the World Health Organization, 800,000 people worldwide commit suicide every year. And for every person killed, there are another 20 unsuccessful assassination attempts. In

some countries, this disease is more common among young people. The situation has escalated to the point that suicide is the second leading cause of death among people aged 15 to 29 years.

“Among these age groups, suicide ranks second after road traffic accidents. In addition, from a gender perspective, suicide among women aged 15-29 is the leading cause of death,” said Alexander Fleischmann. However, this situation is not the same all over the world.

According to data released by WHO in 2012, suicide is a global problem. However, the numbers in rich and poor countries are by no means equal. In fact, 75 percent of suicides worldwide occur in poor countries. It is important to note that differences in well-being have a large impact on the lives of adolescents in particular.

However, this is not the case in wealthy countries, leading to the conclusion that the lives of young people are at risk in poorer countries.

Now let's look at it from a gender perspective: there are more men than women among suicides.

“There are more suicide attempts among girls, but more boys who are 'doing their job,’” explains Dr. Fleischmann.

“The factor behind this difference is the perception in societies that” men should be men, “British scientists explain. However, in poorer countries, the difference in suicide rates between men and women is smaller. In affluent countries, men commit suicide three times more often than women,



while in low- and middle-income countries the difference is only half.

It is alarming that in some parts of the world, suicide has become the leading cause of death among people aged 15-19. For example, in the countries of Southeast Asia. One in six girls who died in adolescence and died committed suicide.

Experts say suicide doesn't happen "suddenly." According to the study, 90 percent of adolescents who commit suicide have some type of mental health problem. It ranges from depression to addiction, violence and drug addiction.

But on the other hand, changes in living conditions, problems with school and friends, and uncertainty about sexual orientation are also cited as factors. This is why experts say it's important to pay attention to early signs of anxiety.

Samaritans are campaigning for youth suicide prevention with new students entering British universities.

“College life is often presented as a journey of joy, excitement and self-discovery. For many, this may be so, but for some, moving from home to another becomes a big problem in itself,” the scientists say. However, not every teenager with mental health problems commits suicide. In addition, the refusal to speak openly about the problem and even what is considered illegal in some countries makes it difficult to obtain accurate information.

Studies have shown that “global” press coverage of suicide can also motivate impersonators. Experts call this "the spread of the social virus."

From the above, it can be seen that suicide is still considered one of the most global problems in the world. If all societies today do not act together against this problem, the greatest blessing bestowed by the Creator will continue to be a waste of life and a sinner before Him.

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3. *Ibodullaev Z. Nerves and psyche. 4 th edition. Tashkent 2019*
4. *Polynesian is a ban. the system of prohibitions prevailed among peoples at the stage of primitive society. This phrase was first used by the famous English scientist J. Cook.*
5. *Lauren Ball tried to commit suicide six times. WHO data for 2012.*
6. *Managing Director of Samaritans, a UK homicide prevention organization*