

## ARTICLE

# ETHIC AND PSYCHOLOGICAL CHARACTERISTICS IN PREVENTION OF SUICIDE BEHAVIOUR OF TEENAGE AND YOUTHFUL AGE

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## ABSTRACT

A number of factors can influence on the development of suicide behavior: sex, age, place of residence, marital status, profession, state of health. Influence of economic and social factors on the level of suicide activity of the population is noted [1]. The age of the suicide is of particular importance when accounting risk factors. For example, in the USA and the countries of Europe there are certain peaks of frequency of suicides - in teenage (15-19 years) and advanced age (60-75) which are described in literature as "youth peak" and "involution peak" respectively [2]. Russia also allocates two "peak" periods: for parasuicide-teenage and youthful age, for complete suicides - elderly and senile. Also, a number of researchers notes increase in level of suicide activity among men of working-age. Among teenagers and seniors in Russia the share of suicides has also considerably increased [3] in recent years. The period of teenage age in psychology is characterized as the crisis period. They have a new growth - "feeling of maturity", and new meanings, values of adulthood, there are no interaction forms in the adult world yet. In this regard there is obvious a problem of development of effective methods of diagnostics of ethic and psychological qualities of the personality. At the same time the most relevant are the researches of development of ethic and psychological characteristics in the teenage and youthful environment as this age is sensitive in moral development of the personality.

## INTRODUCTION

Teenage and youthful age is the most susceptible to all new, the most active and mobile, but also vulnerable to negative impact age category.

The leading activity at this age is communication with peers. It becomes much more significant and more important to be accepted in the environment by friends and schoolmates than at the adult. The difficult crisis period of teenage age is characterized not only by the internal conflicts of the child, but also emergence of a huge number of the conflicts with the world around. For a younger puberty the most dangerous are the intra family conflicts, for an average and the senior - the conflicts with peers and in school. In the immediate environment he can find or lose the support helping him in life.

Suggestibility and their aspiration to imitate others, including those who try to commit suicide, can create the reason for a suicide.

A number of Russian researchers note fundamental difference of the suicide of the teenager from the adult's suicide. According to Ambrumova's concept [11], the suicide is considered as result of social and psychological disadaptation of the personality in the conditions of the microsocioal conflict endured by them. The situation of the conflict leads to suicide actions in the presence of three factors: sociocultural features of education; adverse social environment; sets of specific features of the personality, such as personal uneasiness, frustration, negative perception of surrounding, lack of conscious aspiration to life.

Thus, timely definition of harbingers of a suicide can help with its prevention.

## MATERIALS AND METHODS

As it was noted earlier at individual diagnostics of the suicide risk, it is necessary to consider influence of group factors that each specific person is the carrier of a certain set of group signs, such as: sex, age, profession, marital status. However set of group risk factors, to whatever exact scaling they were exposed, doesn't cause suicide behavior and only creates the certain soil increasing probability of a similar outcome in a conflict situation.

The exact suicide forecast requires the careful analysis of individual factors. Backbone elements of suicide behavior are adaptation and this adaptation which are developed at the level of the personality and in the main spheres of social interaction therefore there are individual factors of the personality having suicide focus.

All specialized questionnaires intended for assessment of suicide risk can be divided conditionally into three big groups [4]:

- 1) The techniques including rather direct questions of existence of suicide thoughts and experiences. Such techniques as enter into this group: the test of suicide risk at children [12], diagnostics of

### KEY WORDS

ethic and psychological characteristics, suicide behavior, prevention, teenage age, youthful age, training, debate, dynamics, lie scale.

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- suicide behavior of teenagers (modification of the questionnaire of G. Ayzenk "Diagnostics of mental state"), the questionnaire of suicide risk (T.N. Razuvaeva's modification) [13], a technique of diagnostics of suicide behavior of M.V. Gorskaya [14], a technique "The card of risk of a suicide" (modification for teenagers L.B. Schneider) etc.
- 2) Questionnaires the revealing individual personal factors which are most closely connected with high probability of commitment of a suicide. Clinical questionnaires which, most often are used in medical psychology and psychotherapeutic practice belong to this block. Such techniques entering into this group: 16 factorial questionnaires of Kettell, characteristic diagnostic questionnaires (PDQ) [15].
  - 3) Techniques of the block of unconscious are directed to diagnostics and fixation of the unconscious reactions caused by the shown stimuli material. This type of techniques allows to reveal a measure of influence of various factors which indicators aren't controlled by respondents consciously.

Prevention and correction of suicides is the whole science: replacement of pain, removal of stresses, changes of reference points, replacements of values, revival of spirituality and morality.

For this purpose, we have created and adapted a technique "Good-Evil"-2 (form B) as option of the modified technique "Good-Evil" (form A) for pupils of teenage and youthful age.

As a result of researches, realizing this approach, we have selected the leading ethic and psychological characteristics and their system which is universal base and the main psychological condition of the maximum realization of opportunities and abilities of the person in all spheres of his activity [5].

On function "Good" were diagnosed such ethic and psychological characteristics of quality as:

- "superficial" (humility, modesty, advantage, honor, honesty, accounting of opinion of others, the guarantee for somebody);
- "deep" (trust to people, responsibility, blames itself for everything, repentance, self-control, tactfulness, patience, self-restriction);
- "rod" (disinterestedness, ability to self-sacrifice, philanthropy, generosity, conscience, self-education, existence).
- Ethic and psychological characteristics on function "Evil" were estimated at identification of malicious lines:
- "superficial" (vanity, ambition, conviction in the correctness always, obstinacy, lack of self-criticism, lack of sense of humor, subservience, avarice);
- "deep" (envy, insidiousness, cynicism, sensitivity, jealousy, non-obligation, unscrupulousness, ability to offend another);
- "rod" (slander, perfidy, demagogy "becomes personal" in a dispute, rudeness, roughness).

## RESULTS AND DISCUSSION

The diagnostic technique "Good-Evil" - 2 (form B) was validated and is checked for reliability [6]. By means of this questionnaire pupils of teenage and youthful age at an interval of 1.5 months have been examined.

About reliability of the measuring «Good-Evil» tool - 2 (form B) we judged by correlation coefficient between their results of the first and the second inspection. The coefficient of correlation was reliable and is in the range from 0.698 to 0.823.

At pupils of teenage and youthful age reliable distinctions of ethic and psychological characteristics on very high significance value in women's and men's selections are received. That and others have a «Good» level much over the level of the «Evil». Function "Evil" has the identical level of development both at girls and at young men.

Comparisons on sexual dimorphism have shown that there are essential distinctions in favor of girls in development of "Good" function.

The comparative analysis on age sign at pupils of teenage and youthful age has shown that there are essential distinctions in favor of girls (16-17) years in the development of "Good" function.

Further, we estimated validity of our technique "Good-Evil" - 2 (form B).

For calculation of coefficient of validity the results received at application of a diagnostic technique "Good-Evil" - 2 (form B), were compared with data of a diagnostic technique "Good-Evil" (form A) which reliability and validity is considered established.

The coefficient of validity of ethic and psychological characteristics on functions "Good", "Evil" and "Humanity" was reliable and was in the range from 0.763 to 0.983 [7].

As the reasons of suicides among teenagers, are as well violations of the interpersonal relations at school, we have also set the object - to develop and to experimentally check the developing program (training):

"Ethical psychology" which has been directed to achievement of positive dynamics of ethic and psychological characteristics of teenagers and youth.

The created program was carried out in the form of training with elements of debates and assumed the following practicing of group work: 1. Group unity exercises. 2. Studying of the ethical dictionary. Viewing and discussion of video records. 3. Diary entries on updating of ethic and psychological characteristics (Work with images, representative systems, speech strategy, management of time and establishing order in affairs). 4. A discussion as "dialogue of voices" as opinion on the studied ethical characteristics; "dialogue of images" as judgment of artistic, literary, historical images and contemporaries in their ethical context of the studied characteristics and success. 5. A debate "We will talk to "great". Exercises which give the chance to participants to discuss alternative judgments of thinkers with inclusion of aphorisms, various statements about ethic and psychological characteristics on functions of the good and evil; to compare with problems of modern life, with exarticulation and judgment identical in them. 6. "Himself a coach" - exercises which give the chance to participants to use technicians of successful people of the present.

On the basis of statistical comparison of average values of the studied indicators of independent selections (experimental and control groups) with the use of t-criterion of Student received in diagnostic cuts before and after holding a training and also F-Fischer's criterion and a difference which are in pairs interfaced option by criterion G signs it is possible to draw a conclusion on positive dynamics of ethic and psychological characteristics on function "Good" at pupils of teenage and youthful age in the conditions of a training with discussion elements.

So, the indicator "Good" in experimental groups was (by Fischer's criterion) at pupils of teenage age of 12-15 years of  $F=6.14$ ; pupils of youthful age have 16-17 years of  $F=4.16$ . The indicator "Evil" - at pupils of teenage age is 12-15 years of  $F=4.16$ ; pupils of youthful age have 16-17 years of  $F=3.14$ . In experimental groups statistically reliable distinctions of values of the ethic and psychological characteristics diagnosed before and after an experiment are revealed.

In control groups small age positive dynamics of integrated estimates of ethic and psychological characteristics, however in comparison with the data obtained in experimental groups has also been found, the happened changes are insignificant - in most cases they don't reach the level of reliability [8].

It is proved that the diagnostic technique "Good-Evil" - 2 can be considered as the diagnostic tool for measurement of ethic and psychological characteristics at pupils of teenage and youthful age as option of modification of a diagnostic technique "Good-Evil" (form A).

It has become clear that the ethic and psychological characteristics making an ethical layer of structure of the personality differ in a qualitative originality at pupils of teenage and youthful age. At that and others level on function "Good" at girls (girls) is much higher, than, at boys (young men), at the same time indicators "Evil" function have insignificant divergences. And here differences in ethic and psychological characteristics on function "Evil" not much. It is possible that it is connected with that, the good is estimated more precisely, than evil.

The author's technology (training with elements of debates) promoting dynamic change of ethic and psychological characteristics is offered and in general an integrated indicator "Humanity" at pupils of teenage and youthful age has received positive experimental confirmation.

## CONCLUSIONS

The conducted pilot study with the use of a diagnostic technique "Good-Evil"-2, and approbation of the program developed on its basis: "The ethical psychology" directed to dynamic change of ethic and psychological characteristics at pupils of teenage and youthful age, allows to speak about a possibility of effective practical work with an ethical component at teenagers and young men and to use as prevention of suicide behavior at this age.

The theoretical and actual material received by us demands, obviously, further development and specification.

So, studying of the questions raised by us with attraction of the equipment of control questions ("a lie scale") is necessary further. At the following stage of studying of a problem it is supposed to use also possibilities of the forming experiment, as prevention of suicide behavior of teenage and youthful age when religious and legal consideration of this component is an object of research.

### CONFLICT OF INTEREST

There is no conflict of interest.

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## FINANCIAL DISCLOSURE

None.

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