

PSYCHOPHYSIOLOGICAL FEATURES OF DESTRUCTIVE BEHAVIOUR OF TEENAGERS

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Abstract

Analysis is carried out on influence of psychophysiological features and personal stress through the pre-teen years, causing tendencies to self-injurious forms of behavior taking into account high risk of suicide.

Questionnaires are developed for teenagers for the purpose of identification of factors promoting development of self-injurious forms of behavior, as one of form of social epidemic. Questions contained in questionnaires gave opportunity to assess emotional state of the person, nature of relationship with parents, teachers and age mates and to reveal symptoms of latent depression.

Key words: *psychophysiological features, accentuation of personality traits, self-injurious behavior, suicides, teenagers, psychological disadaptation, psychogenic factors*

INTRODUCTION

Relevancy of research of self-injurious behavior of teenagers is defined by stable tendency of growth and rejuvenation of suicides, so more than five hundred children voluntarily died around the world over the last years, more than 700 - made suicide attempts.

Teenage suicide can be considered now as one of social epidemic forms that extend through information field, social networks [7]. As well as all epidemics it grows against uneasiness, fatigue and affects those whose immunity is weaker. It is promoted by increased aggression of information environment as a whole and especially teenage subculture where this epidemic develops much. At the same time decrease in level of psychological health of children against social and psychological disadaptation of teenager at school and family [1] is observed everywhere.

Analysis of suicides for the last time showed that at all unlikeness of reasons all teenagers have one general tendency – problems in family and school: conflict with parents, violence outdoors, school or misunderstanding from friends, teenager becomes social misfit.

RESEARCH OBJECTIVE

Define psychophysiological features of teenagers' predisposition to social and destructive demonstrations.

RESEARCH METHODS

Questionnaires for teenagers for the purpose of identification of factors promoting development of self-injurious forms of behavior

RESEARCH RESULTS AND DISCUSSION

For the purpose of identification of factors promoting development of self-injurious forms of behavior we developed and approved questionnaires for school students (5-7, 8-11 forms) on experimental sites of Republic of Kazakhstan, Almaty. Questions contained in questionnaires gave opportunity to assess emotional state of the person, nature of relationship with parents, teachers and age mates and to reveal symptoms of latent depression.

School students of 5-7, 8-11 forms participated in questioning. Number of school students – 231 students, from them B-113, G-118.

Social and psychological poll carried out by us showed that, despite considerable economic and social and psychological changes in modern society, family values and traditions are of great importance for school students. Family priority is clearly noted at all levels of school students' poll, especially at the age of 11-13. So, in case of any critical situation 60% of school students answered that they ask for the help of parents and only 2% - teacher! Thus, it warns that 16% of children do not apply to anybody at all, so without support of parents, friends or school these children can represent group of risk at any difficult life situation.

Priority of family center is also confirmed that only 11% of children have desire to leave home at certain situations, 11% - such desire appears sometimes, 78% - school students never have desire to leave home that proves family wellbeing, positive position of parents to some extent.

These data are quite correlated to answers to question "Does your parents understand you always?" - 75% answered that parents understand them always, and do not understand at all - only 2% of families. It speaks about sufficient level of confidence and mutual understanding between parents and the child.

Analysis of intra family functioning showed that only in third of cases (38%) arising issues in family are resolved taking into account everyone's opinion, others noted that they are deferred seldom (35%) and in 27% of cases - nobody asks their opinion at all. Thus, it is possible to make conclusion that authoritative style of education prevails in majority of families.

Studying of traditions of family holidays as an important educational function of family showed that in 72% of families all holidays are celebrated, i.e. state and religious holidays, 12% only state, and 81% of school students noted that family holidays pass cheerfully that allows making conclusion about positive tone of majority of families functioning. After all it is well known that holidays play important function of joint psychological relaxation, emotional rapprochement of family members, promote instilling of national traditions in children, formation of personal attitude in patriotism spirit. At the same time, 12% of school students celebrate only religious holidays, and 3% - do not celebrate any holidays at all that warns in respect of general culturological level of family education, narrow-mindedness of interests and world outlooks of parents.

Research of regulating function of family showed that level of punishments for offenses is low 59% - sometimes, 18% - frequent, at the same time 23% - noted that they are never punished that is possible to be considered as socially approved answer on the one hand, but on the other hand, can be a permissiveness indicator as form of education.

Nature of punishment from parents for offenses is noted: 33% note that do not allow going outside, 19% - do not allow watching TV or computer, i.e. it becomes unclear: what does the child have to do?

Certain shift of valuable objectives that is connected with features of personality development and system of values in the period of adolescent crisis is noted at teenage years. Therefore, 39% teenagers note priority of communication with friends, 25% - in family, and only 11% - at school, thus majority of them prefers to solve problems of school life without teachers.

Quarter of asked teenagers (25%) prefer to spend free time alone, it seems that dependence formation plays big role, especially from social networks, however, it is impossible to exclude loop of certain depressive and disturbing post-stressful, stressful conditions when child aspires to privacy.

Teenagers almost equally often have feeling of misunderstanding from parents -36%, and teachers - 34%, from age mates - 23 %, thus in 32% of cases consult with parents, 43% - with friend, and only in 5% - with teacher.

More than 50% of teenagers cannot settle intra family conflicts, 8% - just leave home, 9% - want to make something with themselves. At the same time, in 50% of cases teenagers ask parents for help at problems in school. Only 46% of teenagers try to settle interpersonal situation structurally.

Thus, self-injurious forms of behavior state 17% of teenagers who are not able to build interpersonal relationship therefore it is possible to assume high suicide risk in difficult life situation.

It is necessary to emphasize that in situations of solution of acute crisis problems authority of parents prevails after all - 55%, than friends - 32% that speaks about sufficient integrity of intra family relations and security zone for teenager.

Pathological development of personality with demonstration of shyness, indecision and self-doubt, increased fatigue and fearfulness, increased disturbing suspiciousness are risk factors of self-injurious behavior at difficult life situation [7].

Accentuation of personality traits on affective exciting type in the form of excessive protest reactions, hysteric type with egoistical attitude, and constraining and unstable types cause pathocharacteriological reactions of suicide risk [6].

The greatest danger in respect of suicide behavior is constituted by hysterical reactions within hysterical neurosis. Capriciousness, special self-attention, unbalance and high impulsiveness of behavior makes behavior of such teenagers unpredictable, frequent demonstrations of mental infantilism make situation worse, so their sensitivity, high suggestibility, insatiable thirst of praise can lead to acute personal crisis.

When forming permanent psychopathic demonstrations, teenagers, as a rule, love easy life, can not overcome the simplest difficulties, are not capable to persistent work and intensesness, have no resistant affiliation to relatives that leads to impulsive actions.

When we speak about suicide behavior, as about conscious deprivation of life, we allocate, first of all, suicide thoughts, suicide representations, plans and intentions, suicide acts and, at last, complete suicide.

Differentiation of types of suicide behavior on demonstrative, affective and true suicide is necessary for adequate prevention.

Preventive treatment of suicide behavior has to be based on identification of motivation of teenagers to self-damage, thus accentuation of personality traits of teenager plays big role. It will give the chance to psychologist to predict probability of suicide and form of suicide behavior in certain degree.

So motivation of hyperthymic teenager is risk tolerance, danger neglect; cyclothymics - sub depression, affects, desperation, unconscious desire to do much harm to himself. Suicide behavior of emotional and labile teenagers differs by fast decision-making, based on low-certain aspiration "make something with himself" or desire "lose control". Most often emotional coldness of relatives and significant persons pushes to self-destroying behavior.

Sensitive teenagers suffer from feeling of own inferiority; therefore, suicide intentions with unexpected realization grow against reactive depression. Phychastenic teenagers in a state of adaptation disorder are characterized by indecision, feel fear of responsibility, fear of social status damage, fear of punishment, shame or judicial responsibility

At an epileptic accentuation against an affect teenager can simply pass measure of care and can turn aggression against him in condition of loneliness or in hopeless situation. Hysteric teenagers are predisposed to demonstrative suicides, and conformal child can commit suicide simply socially.

CONCLUSION

It is necessary to emphasize that signs of approaching suicide are shown both on psychosomatic and vegetovisceral level.

So, first of all, teenager has sleeplessness or increased drowsiness, violation of food behavior (anorexia is replaced by an impulsive gluttony), frequent complaints to somatic indispositions (belly-aches, headaches, constant fatigue, frequent drowsiness), unusual negligence to appearance.

There is an egocentric orientation on sufferings, self-assessment sharply decreases, there is tendency to moaning, capriciousness, constant feeling of loneliness, uselessness, fault or grief, feeling of boredom when time spending in usual environment, leaving from contacts and isolation from friends, families, absence of plans for future.

Vegetative disorders have the evident and changeable character and appear mostly as tearfulness, dry mouth, tachycardia, blood pressure increase, shortness of breath, lump in the throat, disturbed sleep, weight reduction, dyspeptic disorder.

Thus, detection of psychophysiological predictors of self-injurious behavior allows to organize preventive actions at individual and personal level in due time. At the same time, taking account of psychophysiological features of personality gives the chance to make effective intervention of teenagers' self-injurious behavior.

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