

SOCIAL-PSYCHOLOGICAL ASPECTS OF AUTODESTRUCTIV BEHAVIOR OF MODERN YOUTH

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Abstract

In article the condition of a problem of formation of the growing-up person in the modern disharmonious world is considered is estimated as crisis. Its disruptiveness acts in various forms, but most distinctly and obviously it is shown in the self-destructive tendencies having a steady tendency to growth. Autodestructiv behavior of modern youth cause not only population damage, but also a loss owing to the negative social importance of this phenomenon for a family, school and society as a whole.

In sharp crisis states the teenager tests the whole scale of negatively painted emotions - feeling of helplessness, despair, intolerable melancholy, personal accident.

Key words: *autodestruction, depression, autodestructiv behavior, disadaptation, self-damage, modern youth*

INTRODUCTION

In the conditions of fast social and economic changes, increase in rates and requirements of modern life, often, as a snowball, sharp social and economic stresses, crisis situations in a family with which can't cope both parents and children accrue. This problem becomes actual as every year more and more teenagers are inclined to autodestructiv behavior.

The most important motive which influence a choice between life and death, the emotional condition of the teenager is. In a condition of depression, a hopelessness teenagers start thinking about self-damage. When teenagers feel that life for them becomes in burden, they solve the affairs "in an adult way" anybody without asking council and the help that is the wrong decision in a root. Small experience in the solution of everyday problems which in modern society very strongly press on younger generation, also influences mentality of the teenager. It seems to teenagers that else much all waits for them ahead, they thoughtlessly treat life. Therefore thoughts of self-damage appear at teenagers more often, than at other age groups.

On the other hand, the modern young generation is in the best situation, it has much more than other potential opportunities to use the advantages connected with tendencies of changes in society. Therefore, formation of the adequate relation to life and death has to become a task of modern parents, tutors, mentors; education of qualities and properties of the personality in which basis make stable valuable orientations and moral installations, formation of the positive emotional – strong-willed qualities and resistance to stress.

Among all reasons serious concern is caused by problems of coverage by training of children, teenage crime and drug addiction. Undoubtedly risk the surrounding microenvironment is decisive factor. Now the resistant tendency of increase in the breaking-up and shattered families is noted. Weakening of family relations and traditions, separation of the child from the habitual environment promote formation of the personality on weak psychoasteniks type who, as we know, is most of all subject to autodestructiv behavior. At the same time, externally safe family masking various difficulties of the

functioning, creates conditions for emergence of affective reaction as it isn't capable to provide to the teenager of true support in a conflict situation more often [1].

The autodestructiv behavior – an external form of manifestation of internal activity, demonstration of mental functions, phenomenology of the mental organization of the personality.

The autodestructiv psychology - an internal condition, the maintenance of mental life of the individual, mental reality.

The word "destruction" in translation from latin means literally:

- destruction;
- violation of normal structure something [2].

Violation of normal structure of behavior can be read out as a deviation, deviation, deviant behavior, or from other point of view akcentuation personal characteristics, traits of character, properties of the personality.

The autodestructiv behavior is under construction on the basis of the intra personal conflict. Special personal predisposition owing to which the individual isn't able to cope with an actual problem is for this purpose necessary. The essential moment thus - existence of vulnerable mental structures. Tendency to not adaptive behavior persons with an akcentuation and psychopathic traits of character possess.

To number of the main social and psychological problems, characteristic for teenagers with autodestructiv behavior, belong:

- relations with parents,
- the difficulties connected with school,
- problems of relationship with friends.

The relations of parents with children not always are under construction on the base of open, completely sincere relations which are reliable protection against many severe tests which teenagers meet presently. Many attempts of an autodestruction at teenagers are considered as a desperate call for help, as the last attempt to draw attention of parents to the problems, to punch a misunderstanding wall between younger and senior generation. As the essential role is played by safety of a family and its well-being.

School problems are usually connected with poor progress or the bad relations with teachers, administration or a class. These problems lead to fall of the general self-assessment of pupils, emergence of feeling of insignificance of the personality, to sharp decrease in resilience to stresses and vulnerability from negative influence of environment.

Teenagers, as well as adults, are subject to autodestructiv behavior under the influence of a depression. However, the depression at teenagers has special manifestations: fear of failure and decrease in interest to study, feeling of boredom and fatigue, excessive self-criticism, isolation, excessive emotionality, conflictness in relationship, tendency to revolt and disobedience, bad progress and trauancies at school. The prerequisite of autodestructiv behavior in particular is apathy, disbelief in personal prospects, decrease in creative and vital activity as a result of a mental trauma. However existence of the crisis situation – an insufficient condition for manifestation of autodestructiv behavior. The second component – personal features of the teenager, many authors find a number of features of the personality who isn't allowing it adequately to react to vital problems and by that contributing to autodestructiv behavior. To them often carry: tension of requirements and desires, inability to find ways of their satisfaction, refusal of exit search from difficult situations, low level of self-checking, inability to weaken psychological tension, emotional instability, the impulsiveness, the increased suggestibility, uncompromising stand and lack of life experience [2].

The teenager applies for equality in the relations with seniors and goes on the conflicts, defending the "adult" position. The feeling of a maturity is shown and in aspiration to independence, desire to protect any parties of the life from intervention of parents.

Practically all authors of literature on age psychology emphasize emotional instability, vulnerability of teenagers: "During this period of extreme vulnerability they are protected from the whole world or a depression, or negativism which increases their weakness" even more, – F. Dolto [6] writes. This increased fragility is connected, first, with physiological and hormonal reorganizations, secondly, with a new social and psychological situation.

Transition from a condition of the child responsibility for which bear parents, to a condition of the independent adult – a complex challenge. After all in the modern "adult" world it is really enough difficult to exist – independence imposes a certain responsibility, the person needs to adapt, look for "niche" in society, to try to create to itself comfortable conditions in society where there is a crime, unemployment, economic instability and there are no guarantees of safety. K. Fopel emphasizes that teenagers often aren't sure of, whether they will cope with difficulties of adult life [4]. Considering tendency of teenagers to so-called "black-and-white", uncompromising thinking, from all this it is really easy to be depressed and a hopelessness. Besides, prospects and plans for the future, corresponding to interests and needs of the person are necessary for healthy development, he has to be sure that will be able to realize the "true I" and to construct the life as wants. Reality now such is, as teenagers and adults should live and make plans in the conditions of uncertainty and lack of any guarantees.

Therefore in industrial society the teenage period becomes "time of the conflicts and shocks" – the behavior of adults is connected with things which are forbidden children, and adults instead of helping children to overcome a gap, to show independence, or ignore these attempts, or enter with the child the conflict.

"Teenagers have to confirm to themselves and another the new status of the independent person", – K. Fopel [4] writes. For this purpose they or find any kind of activity which parents can't control, or become carriers of any youth or teenage subculture. That in most cases also attracts a choice of autodestructiv behavior as the dominating.

Studying of autodestructiv behavior as a whole proceeds from the main tendencies of psychology of deviant behavior and clinical psychology, and is defined by the following concept given by the American researcher E. Shneydman: "it the actions directed on causing any damage to the somatic or mental health" [5]. It includes a wide range of the phenomena, such as social norms of behavior, psychological aspects and problems of socialization of teenagers, a problem of sexual identity, adaptation and self-control, and also different types of social pathologies. So N.V.Agazade classified all autodestructiv actions as follows:

- 1) on influence on area of human life: physical, mental, social, spiritual;
- 2) structural characteristics:
 - level manifestations: ideatorion, affective;
 - on a way of realization: direct, expanded, mediated, transaggressive;
 - on randomness degree: conscious, unconscious.
- 3) dynamic characteristics:
 - on rate of formation: sharp, chronic;
 - on temporary indicators: tranzitorion, recidivous, persistirion [6].

A.A.Sultanov, studying the reasons of autodestructiv behavior at almost healthy teenagers and young men, I allocated three main groups of factors: 1) the disadaptation connected with violation of socialization when the place of the young man in social structure doesn't correspond to level of its claims; 2) the conflicts to the family, the systems of values of the senior generation most often caused

by rejection; 3) alcoholization and narcotization as the soil for emergence of self-damage and prerequisites for its fast realization [7].

At many teenagers development of a self-assessment is accompanied by a constant or situational uneasiness. For normal development of a self-assessment teenagers need stability, objectivity of estimates and requirements. The self-assessment belongs to the central educations of the personality, to her kernel. It substantially defines social adaptation of the teenager. The self-assessment is directly connected with process of social and psychological adaptation and disadaptation of the personality as a condition of successful adaptation is the functional dynamic unity where the real image of the world and an image I are counterbalanced. She allows to try on the forces to requirements of group and, according to it, independently to set before itself definite purposes and tasks. The self-assessment substantially defines social adaptation of the teenager, is the behavior and activity regulator.

Considering tendency of teenagers to so-called "black-and-white", uncompromising thinking, from all this it is really easy to be depressed and a hopelessness. As J. Raykus notes, many younger teenagers gravitate to the occupations allowing them to feel thrills. They seldom are able to control or constrain the intensive emotions that together with lack of experience, inability soberly to estimate a situation both own forces and tendency to risk can have heavy and even life-threatening consequences [8].

Teenagers often aren't able to address with own aggressive feelings, to recognize them, to find safe ways of their expression. They don't know that aggression to some extent is present at soul of the majority of the people, generated by many reasons: infringement of the major needs of the personality, impossibility to carry out the interests, long humiliation and oppression, unresolved moral problems at an all-widespread ban of adults on manifestation of aggressive feelings. Often teenagers are frightened own aggression, deny and suppress it, don't realize with what its emergence is connected. That is such behavior – a consequence of that the person isn't able to build the comfortable relations for himself with people around, the autodestruction of actions resolves with the help the intra personal conflicts, arising that don't understand it, other, significant people for it don't recognize. Directly after awareness of unsolvability of any conflict or a crisis situation the teenager has the sincere experiences including reflections and ideas of lack of value of life. They are expressed like "You don't live in formulations, and you exist", "Isn't present in happiness life".

According to A.E.Lichko, to number of the most frequent reasons of autodestructive behavior carries: 1) loss of darling; 2) condition of overfatigue; 3) the wounded self-respect; 4) destruction of protective mechanisms of the personality as a result of alcohol intake, the psychotropic drugs and drugs; 5) identification of with the person who has committed suicide; 6) various forms of fear, anger and grief in different occasions [9].

So, we can allocate some factors of formation of autodestructive behavior [10]:

1. In development of autodestructive behavior play personal features large role: on the one hand, they are a psychological background on which these forms of behavior develop, and to another - there is their considerable change at autodestructive behavior.

The autodestructive behavior can be formed as a result of a contradiction between knowledge of own life and idea of death, that is at emergence of a cognitive dissonance.

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Children are inclined to smoking, toxic mane, the use of drugs and alcohol, in self-cuts, in game and computer dependence, in food abuses and food refusals, are possible suicide behavior and suicides.

2. Social value of autodestructive behavior has some aspects:

- epidemic distribution the autodestruction of tendencies puts such behavior in the category of all-social problems;

- group ways of influence, such as infection (including emotional), considerably strengthen suggestion, imitation, a phenomenon of group pressure upon the individual autodestructive behavior, promote deeper destruction of the personality;
- the autodestructive behavior closely correlates with social and psychological disadaptation of the personality;
- due to effect of stereotypification isolated cases of autodestructive behavior are attributed to all social group in the whole;
- the debut of autodestructive behavior, and often and its realization occur in various social groups.

The above features of autodestructive behavior, its greatest occurrence in the age groups, being characterized the maximum activity in labor, creative, social and biological aspects, the frequent mutually combination of its various forms conducting to decrease in working capacity, to increase of level of disability and mortality, damage to society health, its economy and a public law and order put autodestructive behavior in a row actual problems of psychology, medicine and law, and at the same time create need of research of this phenomenon.

CONCLUSION

Thus, autodestructive behavior of teenagers is a consequence of socially psychological disadaptation of the personality in the conditions of the endured microsocial conflicts. In sharp crisis states the teenager tests the whole scale of negatively painted emotions - feeling of helplessness, despair, intolerable melancholy, personal accident.

The autodestructive behavior of youth in all cases, even at obvious his demonstration has to cause to itself the serious relation of people around as in connection with inexperience of the teenager, inability it is correct to estimate consequences of the actions, obviously not planned death can become the come true fact. Teenagers are disturbed very much suspicious and guarded, and sometimes by really biased and stereotypic relation to their hobbies. After all at this age even the fair criticism causes negative reaction.

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