

CONDITIONS AND THE REASONS OF CASES OF THE SUICIDE AMONG THE STAFF OF LAW-ENFORCEMENT BODIES

Elov Ziyodullo Sattarovich

The Applicant of department of psychology of Bukhara state university
The Psychologist of the Department of Internal Affairs of the Bukhara region, the senior lieutenant

ABSTRACT

Rapid changes the penetrations of its achievements happening in our life, development of relations of production, scientific and technical progress, deep in everyday life, an urbanization – all this more than ever increases risk of a strike to stresses, to experience a long time mental strain, obtaining both physical, and emotional load of the personality of today`s. Therefore now among with our world achievements among people it is observed such unpleasant cases as increase in nervous fatigue, deliberate attempt on own life (suicide) [3].

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Recently suicides are one of burning issues of modern society. According to the World Health Organization, suicides take the 4th place after cardiovascular diseases, oncological diseases and an injury rate. The number of the people losing life in the world make approximately one million floor, that is it in day is necessary more than 1000 people, and diligence to commit suicide is exceeded worldwide by more 5th million. Suicides are generally widespread among able-bodied segments of the population. The quantity of suicides increases from year to year. A mark level the quantity of suicides among the staff of law-enforcement bodies is accepted as follows: to 10 cases – low level; from 10 to 20 cases – the average level; from over 20 cases – high level [7].

Really, professional activity of military employees and staff of law-enforcement bodies has relevance to stability of a political situation and social and economic development of the state, also in the solution of certain social tasks of the country and therefore their suitability to activities is determined physical and psychological training of staff of above-mentioned services.

Activities of military employees and staff of the Ministry of Internal Affairs absolutely differ from other types of activity in the complexity, difficulty and responsibility. The daily categorical requirements established in all-military Charters, also in orders and instructions of chiefs and commanders, the professional activities based to certain rules, feelings obligatory subordination service in the mode strengthening, the inconvenience increased sense of responsibility, some in respect for personal hygiene, service in not studied climate conditions, various problems concerning a profession, inconveniences meeting during the official journeys, daily watches and other fixed physical and psychological activities in time carrying out fighting services can do serious harm on psychology and to health of employees and military employees. If this process lasts long, then it can be the cause of an exit from control mental stability of some of them.

Besides it is necessary military employees and the staff of law-enforcement bodies will perform tasks where in many respects conditions can quickly change, or is far from the house,

from the family as obliges. Also, in the course of stabilization public order and in fight against a crime the amount of problems every day increases, now requirements to employees increases too, and a emergency of frequent conflict situations in their activities, existence of feeling of a constant concern on the health and safety of relatives, of course, negatively influences in their mentality. And it in turn if speaks psychology language, even affect testing can be the cause of testing of a stress, and in certain cases.

The stress condition (nervousness, strong nervousness) is a condition of the increased tension as protective reaction to various adverse factors (hunger, cold, physical or mental injuries, etc.). That is in a condition of a stress of people badly hears, doesn't see well, feelings weakens, completely doesn't understand results of the actions, it appears in an unclear mental situation.

The analysis of specifics of professional activities specifies that all services of law-enforcement bodies and employees of troops, all of them are tested maximum by the level of psychological loading connected with different factors of a stress. Many positions, specialties and professions of law-enforcement bodies it is necessary to bring in difficult types of professional activity. They are characterized by the following properties:

- 1) variety and complexity of professional tasks;
- 2) availability of office (fighting) circumstances, is connected with accomplishment of vitally dangerous professional tasks;
- 3) with the high level of loading during an performance of obligations;
- 4) tough temporary restrictions for achievement of required professional level;
- 5) from high social responsibility in case of professional mistakes;
- 6) from high probability of drawing wounds by specialists to other people.

For the staff of law-enforcement bodies on duty the strongest stressor is:

- bringing vital danger to, colleagues, other citizens (children, women, old);
- losses among staff;
- rendering "in a condition of the hostage";
- uses of weapon to kill;
- the extraordinary natural disaster or catastrophic crashes which are a cause of death of people.

Shall note that for police officers the everyday relations with staff there was fixed a stress factor. This factor is characterized by availability of the following asocial installations: inability to manage, aggression, latent nature of criminal activities and other negative relations.

Thus, the staff of Department of Internal Affairs feels influences of factors of stressogen of two orders: demanding high professional skill from employees and influencing the results of actions generating great difficulties in case of execution of service duties, daily fierce stressor of professional activity.

Nature and working conditions of security guards of law and order, it is usually connected with a high risk of life and to health. Therefore work in the conditions of a fixed stress leads to a row to functional frustration in the course of work and a disease.

According to B. G. Bovin and his coauthors, on duty the main functional frustration among employees of the interviewed control rooms is: the fatigue (56%) to be angry (20%), a headache (19%) [2]. Here 40% of employees will suffer from different frustration of a dream,

95% will suffer from sleep deficit, from early rise and frequent rises in the middle of the night. The most widespread chronic diseases among duty inspectors of militia: diseases of a gastro-intestinal path (19%), radiculitis (17%), diseases warm vascular systems (12%), diseases of lungs and bronchial tubes (8%).

Staff of all divisions and parts of law-enforcement bodies emphasize negative consequences for health of service under conditions of a fixed stress. For example, 29% of the interviewed staff of service post-patrol approve availability of chronic diseases, 40% of the interviewed regional local police inspectors have somatic diseases.

According to A. A. Frolova, employees have post-services патрульриск development of boundary mental disturbances 35,5% higher when comparing with general collective, and is 15,5% higher than at employees of other hazardous occupations (the miner, the seaman) [4].

The analysis of literatures is claimed that influence of a stress of a critical situation (use of weapon by employees) will be resulted by a situation differing on the level of negative influence of efficiency of activities, force and depth of experiences are able average (optimum) mental activity. A. O. Prokhorova situation of such types carries to a number of disproportionate situations and claims that he such situations results from violation of disadaptation or in case of violation of symmetry of the environment and an organism [5].

In researches of foreign authors A. Artvol and L. W. Christensen, data on mental conditions when using weapon by the staff of law-enforcement bodies are provided. For example, at 72 examined staff of law-enforcement bodies at 82% were observed narrow perception ("tunnel vision"), at 65% - high sharpness in case of perception of small details, at 88% - violations of organs of hearing ("low audibility of sounds") [1].

In the staff of law-enforcement bodies of all states of the world of a consequence of a professional stress are very important and pass borders from net psychological consequences. It is possible to refer dismissals of employees from work to it, high incidence, mental disturbances, alcoholism, suicides, annulment of marriage.

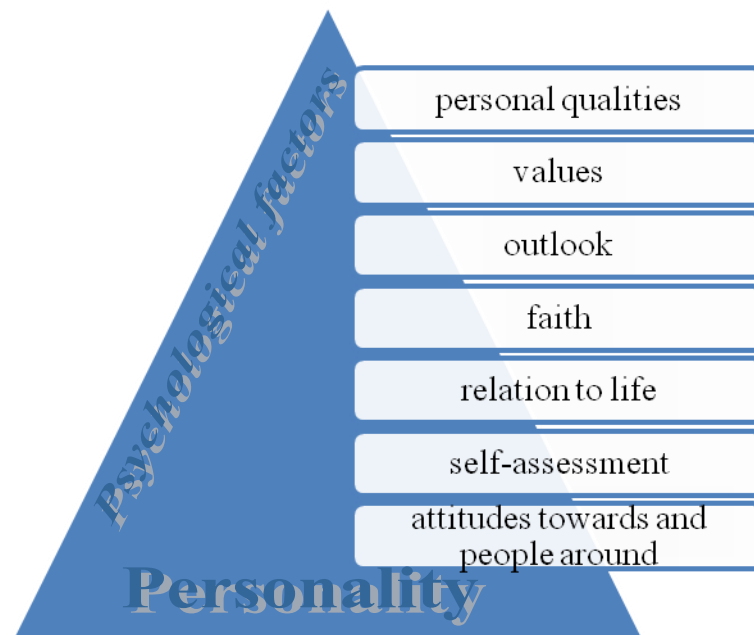
According to analyses of inspection, a large number of suicides happen out of time of service (63%), at night and early in the morning (49%). The most widespread method of suicide – to hang up itself (55%). However, it is necessary to pay attention to suicides by means of the registered weapon (28%) including made during execution of service duties (27%).

So why it occurs?

As the answer to this question it is possible to hear sets of the options including contradicting each other. Some try to explain it difficulties of living conditions, violation of an ecological situation. Of course, and these factors influence psychology, a human body too. But these can't be a problem basis. If complexity of a way of life, difficulty of vital conditions, difficulty of service are the reasons of above-mentioned troubles, then on historical sources it is known that during World War II in fields of battle, in the back of the front it was much worse. However, citizens the conditions which have worried these haven't committed suicide, weren't observed suicidal cases as now.

On the basis of these problems more psychological factors such as lie: personal properties of people, values, from outlook, belief, the relations to life, a self-assessment, meaning lives for

them, the attitude towards and people around; than social and economic, legal, medical factors. (1 drawing).



1 drawing. Psychological factors of bases of a suicide.

Also, the reasons unpleasant a case such as suicides, at first it is necessary to look for from persons, from its psychological world, making it ("inner world", "value systems" in which family he lives also "psychological climate" on collective). If, on the one hand the family is strong and in it there is a positive situation if in a family the world, the interpersonal relations develop successfully, speaking in a word, the person purchases happiness in a family if every day leaves a family surely if lives with feeling that wait for it in a family, from the second party if the person is engaged in the fact that he is pleasant to it if on collective there is a positive psychological environment if it found the place among colleagues, if works with people, which to it is pleasant, if colleagues, both the administration, and employees it loves, if it accept both at work and in life the necessary person, then such the phenomenon as a suicide is the stranger for such people, at such people even in thoughts doesn't happen a suicide.

A. Ambrumova's professor considers suicide social (partially medical) problem, gives it such definition: "A suicide it – not adaptedness of persons to the experienced microsociological disagreements on social and psychological aspects" [6].

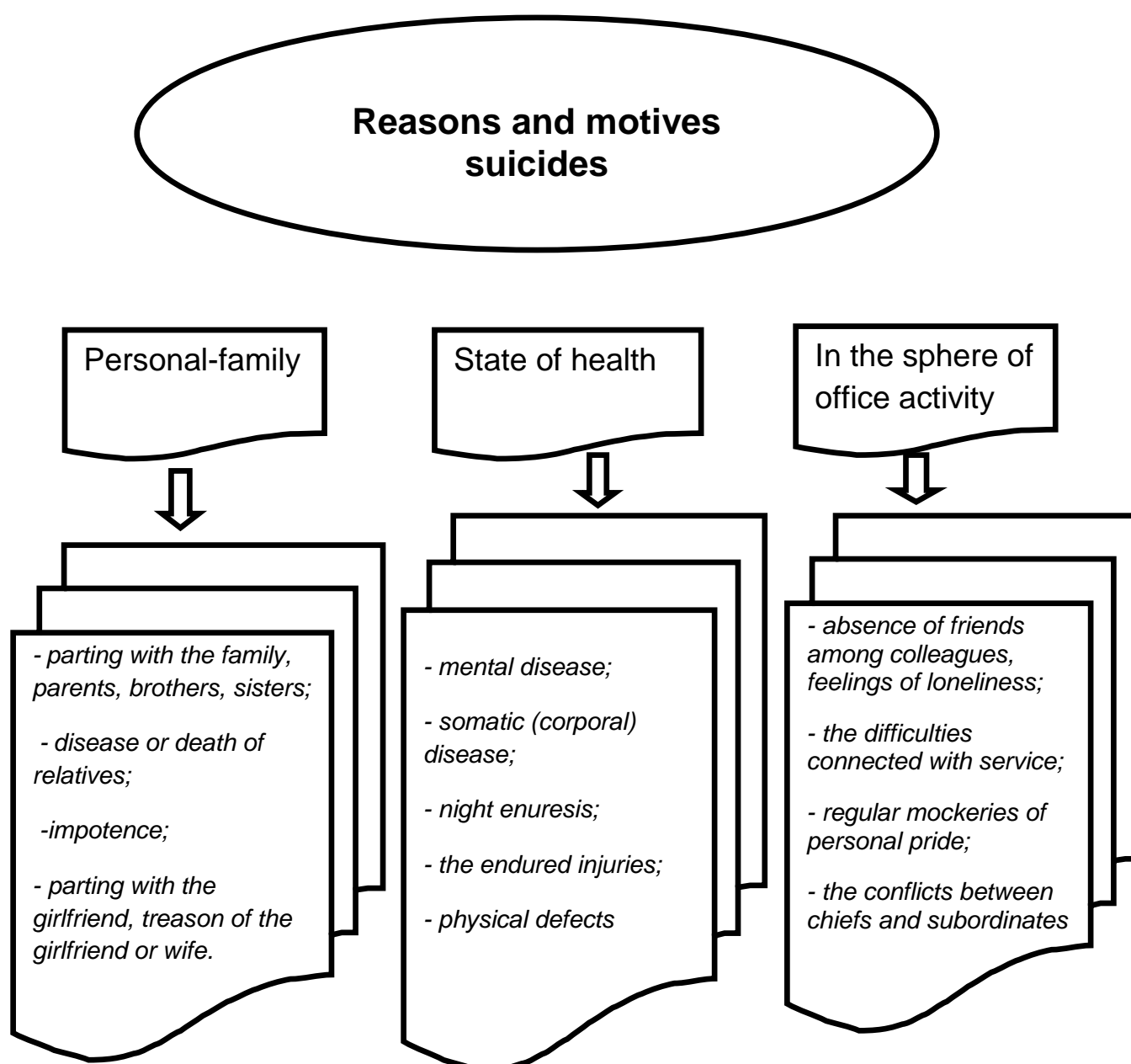
Phenomenon of a suicide it is in many respects connected with the phenomenon of psychological crisis of the personality, and it is explained by some mentally injuring events for the personality. Speed and force of influence of these events are so important that even the experience collected during all life won't be able to show that there is also other exit from this situation. Such psychological crisis appears as a result of unexpected strong affect. But internal passive psychological pressure at the person can collect during long time. They will become the reasons of emergence of the second. Internal oppression causes a restless, and a restless we can trade places in despair. The person gradually loses self-confidence, the hope of a way out is lost, worsens the attitudes towards itself. External influences unite with internal despair, life loses the meanings. It is also a situation before a suicide.

In spite of the fact that suicides is divided into several types, is its cornerstone the conflicts.

Besides, vulnerability, hopeless views of the future can be a strong, leading and major factor in commission of suicide cases. Strong feelings commit suicide can be a barrier of establishment of social contacts with other members of society. They follow thoughts - "it will be never good", in their lips it is often possible to meet generalizations like "such life can't suffer", "all all the same".

Thus, knowledge of above-mentioned main components of suicide behavior the complex necessary gives the chance of undertaking to identification in time and to prevention of cases of attempts to commit suicide of employees.

We will consider motives and the reasons of commission of suicidal cases (2 drawing) below.



2 drawing. Reasons and motives of suicides

Besides, here can take place and antisocial behavior (fear from criminal liability, fear from a shame of the actions), material-household and other motives of a suicidal.

To commit suicide it is conscious action, means and there are to it reasons. Most of them happens because of trouble on service and tortures on service.

It is known that the mentality of the person happens differently in normal a suitability condition to communication and in stressful situations. Means, each employee shall study deeply achievements of a subject of psychology and will shall use them in the necessary moments during the life.

Ensuring efficiency of social and economic reforms in Uzbekistan and wide use of a human factor in all the link of social life, a task of identification of all opportunities of people completely, the problem resolution of adaptation to social psychologically climate – all this are the main, actual objectives of today.

We consider what to forming of the healthy psychological environment and prevention of suicidal cases in society can be reached the following means:

1. Adaptation of society to a social environment.
2. Education of qualities in psychology of people calling for increase in knowledge, skills, experience.
3. Development of the human person to render to the help to comprehensive forming of social shape and unique human qualities.
4. In the way to increase in psychology of the person of concepts as belief, value, wills, traditions, forming of social and psychological stability in society.

Thus it is necessary to estimate the conditions leading to suicide actions. Under a concept the condition is provided such phenomena that if in it the concrete result isn't born, then it will be estimated as the forming and progressing factors. Without certain conditions there will be also no reason and results. Conditions not only influences considerably on actions of the reasons, but also influences the nature of results. The reasons of one sort in different conditions will result in various results. In the analysis of the suicidal reasons it is necessary will meet situations from the reasons to dependence. In most cases these conditions are reaction of people around to suicide behaviour (relatives and colleagues). In certain cases preventions like assessment of actions and situations can be a push for a suicide.

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