

PENSION SUICIDE: PSYCHOLOGICAL GROUNDS

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Suicide is a serious public health problem, which is a real tragedy for the families of the victim. Suicidal behavior is currently a global public problem. According to the World Health Organization, about 400–500 thousand people in the world commit suicide every year, and the number of attempts is ten times larger. Suicide is the fourth leading cause of death in the 15–30 age group 77% of the world's suicides occur in low-income countries.

The most common methods of suicide include the use of poisonous substances, the use of firearms and edged weapons, hanging, falling from a height. According to the World Health Organization, about 20% of suicides are the result of self-poisoning. In the Republic of Belarus, about 80% of suicides are committed by hanging, in second place is falling from a height.

Material and methods. In this paper, through consideration of the factors of committing suicides, we raise the problem of the psychological grounds for suicide in the older age group. Methods of secondary sociological analysis, psychological analysis, generalization and systematization are used.

Findings and their discussion. Factors in the spread of suicidal behavior depend on the age group. Adolescents can commit suicide for various reasons: loneliness, loss of loved ones, conflicts in the family, bullying by peers, loss of meaning in life. In adulthood, many suicides occur due to mental disorders, depression caused by a person's inability to cope with accumulated problems (financial difficulties, intrapersonal crisis, breakup, incurable disease, etc.).

Quite often, suicide is committed by people of retirement age. This is influenced by the socio-economic crisis, the loss of the meaning of life, illness. Most pensioners die of loneliness. At a young age, many devote time to fulfilling their careers, achieving success in work, and there is not much time to find a spouse, so often people are left without a family, children and grandchildren [1, p. 124–126].

Also, one of the reasons for retirement loneliness, which provokes death, is quarrels with children, misunderstandings and resentment against the past. Children and grandchildren of older people often cannot devote enough time to them, because they have their own worries, they need to create a family on their own, earn a living. As a result, pensioners can “invent” illnesses for themselves, thus forcing loved ones to pay attention to them.

Many older people commit suicide due to an incurable disease. Some do not withstand severe torment, others commit suicide due to a mental disorder during the manifestation of the disease, and some do not want to be a “burden” for their loved ones, as they cannot take care of themselves on their own.

We can also talk about socio-demographic factors of suicidal risk:

1. Sex. The suicide rate in men is 3-6 times higher than in women. The level of suicide attempts, on the contrary, is about 1.5 times higher among women.

2. Age. The suicide rate in the population increases with age, and reaches a maximum after 45 years. Suicide rates are highest in the elderly.

3. Marital status. Suicide rates are higher among the unmarried, divorced, widowed, childless and living alone.

4. Professional status. Violation of occupational stereotypes (loss of a job, retirement, unemployment status) are associated with an increased risk of suicide.

5. Religion. Suicide rates are higher among atheists than among believers. Among the main faiths, the maximum suicide rates are recorded among Buddhists, the minimum – among Muslims; Christians and Hindus occupy an intermediate position.

The motives for suicidal behavior of pensioners are very diverse.

1. “Cry for help”. The motive of a suicidal act (as a rule, this is a suicidal attempt) is to draw the attention of others to their condition and find help.

2. Protest, revenge. It is provoked by a feeling of “resentment”, “injustice”. Suicidal actions (attempt or suicide) are aimed at causing a feeling of guilt in a loved one in a conflict situation.

3. Avoidance of an intolerable life situation. With varying degrees of awareness, the suicidal act can be used as a means of manipulating others. At the same time, the degree of its danger to the individual can remain very high.

4. Avoiding suffering. It is provoked by physical or psychological suffering; death or self-harm seems to be a way to interrupt them.

5. Self-punishment. It is provoked by an exaggerated sense of guilt. A non-adaptive way to “relieve” feelings of guilt is self-punishment, including through suicidal acts.

6. Reunion. It is a motif that comes from the fantasy of being reunited with a loved one after death. Such ideas can become relevant when experiencing severe loss.

Conclusion. Typically, the suicidal act is driven by more than one motive. For example, an elderly person in a depressed state may experience both the need to avoid an intolerable situation and self-punishment, and to demonstrate their suffering in order to seek help.

The development of suicidal motivations is often provoked by stressful events: interpersonal problems, rejection, loss, changes in social status, fear of punishment, resentment, fear of shame and blame.

Thus, in order to prevent suicide among the elderly, psychological support should be provided to them. It is important to give pensioners the opportunity to feel needed, to find some kind of hobby. Various circles, clubs and sections are useful in this regard, there pensioners can communicate with each other and exchange experiences. The role of social services is also important.

1. Venediktov, S.V. Psychology of deviant behavior: a textbook / S.V. Venediktov, S.I. Danilenko, E.A. Yaroshevich. – Mogilev: Mogilev. in-t of the Ministry of Internal Affairs, 2017. – P. 320.