



Psychoprophylaxis Of Depressive Situations In Crisis Situations

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ABSTRACT

One of today's urgent problems is to study in depth the disorders in various areas that arise in the individual in crisis situations, to develop and implement preventive measures.

Keywords:

Crisis situation, depression, suicide, psychological disorders, psychocorrection, psychoprophylaxis, symptom.

Modern society is characterized by crisis phenomena in many spheres of life. Difficult socio-economic conditions greatly complicate the reality. There is a sharp change in habitual stereotypes, destabilization of the situation in society and the environment. These and many other factors determine the violations associated with the special vulnerability of modern adolescents, there is a fear of reality, followed by social maladaptation. In the absence of timely psychological assistance, such children may make a suicidal attempt. Therefore, an in-depth study of the factors that cause depressive behavior, the characteristics of deviant behavior of adolescents and the means of correcting suicidal behavior is a necessary component for creating an effective system for preventing adolescent suicides.

Because, as a result of various levels of psychological disorders that arise in crisis situations, the mental balance of a person is damaged, there are difficulties in interpersonal relationships, isolation from society, shortcomings in life and work, lack of confidence in the future, and hopelessness increase. In the end, such a situation is painfully

accepted by a person and remains in mental suffering. As a result of not being able to bear mental anguish and sadness, sometimes suicidal behavior such as suicide begins to manifest itself.

Difficult experiences related to a person's search and recognition of himself as a person, an individual person, can turn into a depressive state, which in turn leads to the emergence of suicidal desires. In fact, most people who suffer from depression have a bad mood, but not always. For example, it is in teenagers that we often do not see subjective forgiveness of grief even in cases of strong crisis.

In situations of weak manifestation of affective content, in the case of depression, specific systems of thinking and affect can be determined through physical condition, other mechanisms manifested in a person, and stereotypes of communication with other people. This condition makes it difficult to diagnose depression. The environment in which a person is formed is important in understanding the depressive state, because it affects the rates of perception of life, the value system and the personal worldview. The model

of perception of the world in a depressive state is often formed on the basis of family values. Misunderstandings between parents and children lead to depression on both sides, but it is more common in the younger generation. Because parents have a stable psyche, unlike a child.

According to I. S. Kohn, the prevention of adolescent depression is not to avoid conflict situations, it is impossible, but it is necessary to create such a psychological climate in which the adolescent does not feel alone, unrecognized and imperfect. It is also a very serious issue that requires sensitivity and serious attention from teachers, parents and psychologists. Early detection of symptoms of depression is an important factor in preventing irreversible consequences.

Symptoms (signs) of depression.

- Dyspharia, or loss of interest and enjoyment of life.
- Changes in appetite and body weight.
- Power – loss of power.
- Changes in sleep duration.
- Changes in psychomotor activity.
- Feelings of worthlessness or guilt.
- Thoughts about death.
- Suicidal thoughts or attempts.
- Social isolation.
- Decreased learning or changes in attitude towards school.
- Unprecedented aggressiveness.
- Somatic complaints.
- Expect punishment.

When symptoms of depression are detected in a person, it is necessary for parents, relatives and specialist psychologists to strengthen individual work with him. Inability to regulate the importance of future life plans with the importance of events happening in life, loss of life meaning associated with inability to establish a unique balance, often forms the basis of depressive states. The formation of life plans is an indicator of the normal development of a teenager, as well as his spiritual and mental health. For psychocorrective and preventive work, it is important to assess the person himself and to know the level of pretension. The greater the difference between them, the

greater the risk of nervous disorders and social maladjustment.

When providing psychological first aid to a person, it is necessary to follow the following rules.

- Believe that you can help him.
- Learn from people who have been in similar situations.
- Be patient.

The main thing in overcoming a crisis situation is to conduct an individual preventive conversation with a person. It is important to note the following;

- Pay enough attention to actively listening to the client in the conversation;
- An active listener is a person who listens to the interlocutor with all his attention, without blaming him, which allows him to pour out what is inside him.
- An active listener fully understands the interlocutor's feelings and helps him to maintain self-confidence.

Active listening helps them hear their interlocutor.

Recommendations for conducting an interview.

- Talk in a quiet place so that the conversation is not interrupted;
- Sit opposite the interlocutor (there should not be a table in the middle) and focus on him and sit straight.
- Repeat what the interviewer said to make sure you heard him;
- Listening to the interlocutor without interruption and speaking after he stops;
- It is necessary to speak without accusation and enthusiasm, because these can help to increase the feeling of superiority in the interlocutor; speak only positive sentences ("minute reframing");

In addition, the following principles should be followed during the interview process:

- When choosing a place for an interview, it is important to pay attention to the absence of strangers.
- Arranging the conversation in free time as much as possible;
- During the interview, it is advisable not to take any written notes and not to look at the clock. Show the interlocutor with your whole

appearance that nothing is more important to you than the conversation with him.

A preventive interview should cover the following.

The initial stage is the establishment of an emotional connection with the interlocutor, a "caring partner" relationship. Listen to the interlocutor with patience and empathy, do not criticize even if you are against something. As a result, you will be perceived as a sensitive, trustworthy person.

The second stage is to establish the sequence of events that led to the crisis; losing the sense of impossibility. It is advisable to use the following methods: to indicate that the situation is not unique; "support with achievements" and others.

The third stage is cooperative action to overcome the crisis situation. Here "planning" is used, that is, verbalization of a person's future behavior: "pausing" is a purposeful silence in which the person is given the opportunity to take initiative.

The final stage is the final expression of the activity plan, psychological support of the individual. It is appropriate to use the following methods; "logical argument"; "rational instillation of trust".

In order to provide social assistance to persons in a crisis situation (together with their family, friends and loved ones), individual and group psychocorrective training can be conducted in the context of problem-solving social psychological training, raising self-esteem, developing an adequate attitude and empathy towards one's own person. In addition, it is necessary to develop the ability to apply an active problem-solving strategy in practice, to improve the search for social support. In such cases, it is advisable to correct the weak escape strategy and improve self-control.

Therefore, studying such problems, carrying out psychoprophylaxis work, creating the necessary literature in this regard, creates a solid foundation for preventing a number of negative situations caused by crisis situations, raising a person who is able to manage himself and think healthy in any difficult situations.

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