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FORMATION OF THE PATHOLOGY IN CHILDREN AND ADULT POPULATION OF THE NORTH

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GENDER EDUCATION IN THE PREVENTION OF SUICIDAL BEHAVIOR AMONG THE PEOPLES OF THE ARCTIC ZONE

ABSTRACT

Russia occupies one of the first places in the world by the level of children's and adolescents suicides. In Russia itself, in the number of suicides the northern regions are in the leading position, where mainly small in number people live.

The problem of suicide among indigenous people is typical not only for Russia but also for other countries in the Arctic zone, including highly-developed countries, such as Canada and the United States. Suicide worldwide is predominantly «male» phenomenon. An important reason for suicidal behavior is a weakening of the institution of the family - «paternity crisis.» The lowest suicide rate is observed in the regions of North and South Caucasus countries, due, apparently, to the development of folk pedagogy of the Caucasus, where the fathers mainly bring up boys.

Thus, an important task in the prevention of youth suicide in the Russian Federation is a gender education, which implies the return of interest in the origins of folk pedagogy and strengthening the institution of paternity.

Keywords: suicides, children's and teenage suicides, the high level of suicide among indigenous youth in the Arctic, «paternity crisis,» the father's absence, incomplete family, folk pedagogy of the Caucasus, the prevention of suicidal behavior, gender training.

Suicidal behavior is currently the global socio-psychological problem. Every year more than 800 thousand people commit suicide. Therefore, the World Health Organization (WHO) considers suicide prevention a public health care priority. In 2014 the first WHO report "Preventing suicide: a global imperative" aimed at understanding by the public health care suicide significance was published. In the WHO actions Plan on mental health for 2013-2020 States - WHO members committed themselves to achieving the global target of reducing the suicide rate in countries on 10% by 2020 [14].

Particularly alarming in recent years is the increase of suicides among teenagers. According to WHO, the number of suicides among persons aged 15-24 years has increased in 2 times. In 2012 suicides ranked second as the cause of death of adolescents and adults.

By the level of children's and teenage suicides, Russia ranks one of the first places in the world. In Russia itself, in the number of suicides the northern regions are in the leading position, where mainly indigenous people live.

In the Republic Sakha (Yakutia) the rate of suicide among younger adolescents aged 10-14 years is 13,4 cases of suicide per 100 thousand, while among youth 15 to 19 years reaches to 74,2 per 100 thousand (for comparison: in Moscow region the level of suicide in this age group is 4,4 per 100 thousand) [14]. Among the indigenous population of Yakutia, the rate of suicide is in 4 times higher than that recorded among the non-indigenous population. This indicates the decrease in the level of resilience of the titular nations and is a consequence of the negative social processes occurring in the Arctic regions.

As the world practice shows, the

problem of suicide among indigenous peoples of the North are characteristic not only for Russia but for other countries of the Arctic zone, including highly developed, such as Canada and the USA. In the US the rate of suicide among the indigenous population of Alaska (Inuits, Aleuts, Tabaski, Haida, Tlingit) in 3.3 times exceeds the average for the country [9]. The highest rate of suicide is among aboriginal youth aged 20 to 29 years [10].

Due to "Strategy for the circumpolar Inuit health in 2010 – 2014" data in Canada the frequency of suicide among the Inuits is in 6-11 times higher than the average figure for the rest of the population [12]. Moreover, the frequency of suicides in the regions inhabited by the Inuits, over the past 15 years increases. Of particular concern is the fact that 51% of the suicide rate in Inuit regions of Canada fall to the share of men younger

than 25 and 14% of women of the same age. The suicide rate in average for Russia in 2005 was 32.2 per 100 thousand people and among indigenous peoples of the North in 3-4 times more often. In the early 90-ies of XX century in East Greenland, the suicide rate reached 1500 on 100 thousand population – the highest figures recorded in the world! The global level of completed suicides is 16 cases per 100 thousand population per year. In recent years the number of suicides among youth in Nuuk has declined significantly, but in the rest of the West Greenland it is not decreasing, and in the East Greenland it is still the highest [12].

The formation of mental health of children in the Arctic regions of our country and abroad is influenced by a variety of factors, among which the main role play family environment, and social and environmental factors [4].

An important factor of suicide is the weakening of the family institution and destruction of internal harmony of family relationships. The weakening of the institution of the modern family in different countries is the nature of the disease of the century, especially for economically developed countries. Not only the uncertainty of public life, but the disorder in his personal life and loneliness can serve as a motive to suicide. Among the encroaching upon their lives the high proportion is of single, divorced, widowed, but it is well known fact that sometimes family miseries often lead to the decision to kill herself.

The basis for the development of painful personality traits that play a role in the occurrence of suicidal behavior in adverse situations are conditions of development in childhood and adolescence. According to V. S. Efremov, MD more than 60% of suiciders were brought up in a single-parent family, the breakdown of which occurred at the age when the child was not yet 8 years [2]. Surviving parent families were characterized by a complex emotional relationship, periodic conflicts, immersion into own personal experiences, formal interest in the fate of the children. Suiciders were characterized by a constant feeling of neglect in childhood and adolescence.

Doctor of philosophical sciences I. Kon believed that a large role in increasing rate of suicide play a fatherless state, the physical absence of the father in the family, the insignificance and poverty of paternal contact with children compared to maternal, pedagogical incompetence of fathers, their disinterest and inability to perform the educational functions be-

came a subject of mass controversy and scientific debate [3].

Actually on a weakening or inefficiency of paternity the Old Testament prophets, and the ancient Greeks of the classical period, and the French enlighteners and Russian writers of the nineteenth century, for example, F. Dostoevsky complained. The author of the book "Fatherless America" Dr. J. Blankenhorn, Director of the Institute for American values, calls the fatherless "the most destructive trend of our generation" [8]. The absence or weakness of father's beginning strongly statistically associated with all psychological and social pathologies – crime, violence, drug and alcohol dependence, poor academic performance, suicide and mental disorders. Almost 80% of Americans, who responded to the questionnaire by Gallup in 1996, acknowledged the paternity the most serious problem of modern times [11].

In modern Russia, about half of marriages end in divorce, and in the West two-thirds of marriages fail. According to the state statistics Committee in 2007, for every 100 marriages accounted for 54 divorces in 2013 per 100 marriages accounted for 53 of the divorce. These data demonstrate the crisis of the institution of the family and a huge number of children growing up without a father.

Especially adverse situation of incomplete families is in the Arctic zone of the Russian Federation. Conducted by doctor of medical sciences N. B. Semenova analysis of families by number of spouses revealed a high prevalence of single-parent families among the indigenous population of the Sakha Republic (Yakutia) [4]. In the Northern regions of the Republic, every third family is incomplete (32.2%); in the Central regions - 27.6%, in southern areas - 22.6%.

That for boy it is essential to have fellowship with the father, wrote the famous American suicidologist E. Shneidman in his book "The Suicidal Mind": "a Man with suicidal tendencies said that his father never loved him, and throughout his life he symbolically unsuccessfully looking for this love... In the identity of these people was lack of the internalized figure of their endorsing father, which (like healthy heart) is needed for a long life" [7].

An absence of a father, single-parent families, especially for boys, is, thus, one of the main suicide provoking factors.

Suicide, as we know, in general is the phenomenon of "men" (men commit suicide 3-4 times more often than women). Modern boys brought up by single mothers, have no one to take the example

of masculinity, no one to teach them the ability to withstand life's challenges. They feel a sense of inferiority and strive to overcome that feeling. Overcoming a sense of inferiority, according to A. Adler, leads to two different forms of behavior: 1) aggressive behavior during puberty as a result of overcompensating (weak trying to look strong, seems cowardly hero); 2) "deviate" behavior. A portion of adolescents can compensate the feeling of inferiority. This "decompensate" is expressed in the appearance and consolidation in the nature of such negative traits as shyness, isolation, anxiety and suspiciousness.

N. B. Semenova as a result of their expedition trips found in indigenous youth of the North, peculiarities of emotional-personal sphere, which lie in the increased level of anxiety, insecurity, suspiciousness, an increased level of guilt, negative feelings [4].

The low number of suicides in the Republics of the North Caucasus and Transcaucasia (Azerbaijan, Armenia, Georgia) can be explained not only by the influence of the factor of religion. It is believed that the population professing Islam, are less prone to suicide, since this religion condemns such behavior. While, in Armenia, Georgia, the Republic of North Ossetia, where the population is Christians, suicide rates are also low: in Armenia, the rate of suicide in 1985 was 2.3 per 100 thousand population, and in 2003 to 1.8 per 100 thousand population; in Georgia the figure in 1985 was 4.6 per 100 thousand population, and in 2001 to 2.2 [13].

Socio-economic conditions in this region of the world are not the best. The thesis of the founder of suicidology E. Durkheim about the direct correlation between suicide rate and social living conditions is not confirmed here [1].

Paradoxically low rate of suicide in the Republics of the North Caucasus and Transcaucasia allows making a conclusion about the direct relationship between people's education in the Caucasus and the suicidal index. Methods of folk education in the Caucasus are effective in the prevention of suicidal behavior.

The main feature is a clear accentuation on the formation of gender identity. At the age of seven education for boys in the Caucasus, passed into the hands of men, accustoming them to exclusively male occupations. The boys usually rotate in a circle of adults, could be present when men were talking (though had no right to interfere in their affairs).

Folk pedagogy of the Caucasians

sharply condemned self-love, self-praise, conceit, envy and lies [5]. Great attention was paid to the education of the children of such moral traits such as discipline, sense of collectivism, obedience, respect for parents and elders, loyalty in friendship, love of country. The boys were brought up by persistence and dedication, the girls – up by patience.

Prevention of suicidal behavior among the peoples of the Arctic must be based on gender education, which was previously ignored by suicidologists. Gender identity is stored lifelong, as a rule, and it is produced in children if this behavior is modeled in front of the child and is accepted by others, which is achieved when the man shows the boy a sample of male behavior, and the mother encourages such actions.

In accordance with such a statement the words of the Russian teacher K. Ushinsky that education created by the people and based on national basis, has the attractive force, which is not in the best systems, based on abstract ideas - become relevant.

At the present time, when many boys have low self-esteem, suffer from anxiety and insecurity, the experience of folk pedagogy is of particular importance.

The revival of gender education in modern conditions will be met enormous challenges, as globalization has already led to the dominance of women in all sectors of the economy and politics, the loss of truly masculine character traits in the recent representatives of the “strong” sex. The education of boys in our feminized society women did, from “Kindergarten” through to University.

If we want to avoid the depopulation of the Arctic, we must look back at our past and try to revive the principles of national education, to try to revive at

least such male traits like “persistence” and “perseverance” in the Arctic youth. You need to attract men to work in the system of additional education. The media should create an “aura of masculinity” around a man of the North, as this is presented, for example, in the Discovery TV show “The Boys from the Yukon”.

Suicide is a complex issue and therefore suicide prevention requires the coordination and cooperation of different sectors of society, including health, education and the mass media. These efforts must be comprehensive and integrated, since no single approach can have an impact on an issue as complex as suicide.

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