

**THE ROLE OF PSYCHOLOGICAL COUNSELING AND PSYCHOEDUCATION
IN REDUCING SUICIDAL BEHAVIOR**

**PSIXOLOGIK MASLAHAT VA PSIXOEDUKATSIYANING SUITSIDAL XULQ-
ATVORNI KAMAYTIRISHDAGI RO'LI**

**РОЛЬ ПСИХОЛОГИЧЕСКОГО КОНСУЛЬТИРОВАНИЯ И
ПСИХООБРАЗОВАНИЯ В СНИЖЕНИИ СУИЦИДАЛЬНОГО ПОВЕДЕНИЯ**

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Abstract: *This article examines the role of psychological counseling and psychoeducation in preventing suicidal behavior among high school students. The study analyzes psychological characteristics of adolescence, emotional instability, and the impact of stress factors on suicidal risk. It is substantiated that psychological counseling helps stabilize students' emotional state, while psychoeducation increases psychological literacy and contributes to reducing suicidal behavior.*

Key words: *suicidal behavior, psychological counseling, psychoeducation, high school students, prevention, mental health*

Annotatsiya: *Mazkur maqolada yuqori sinf o'quvchilari orasida suitsidal xulq-atvorning oldini olishda psixologik maslahat va psixoedukatsiyaning roli yoritilgan. Tadqiqotda o'smirlik davriga xos psixologik xususiyatlar, emotsional holatlarning beqarorligi hamda stress omillarining suitsidal xavfga ta'siri tahlil qilingan. Psixologik maslahat o'quvchilarning individual muammolarini aniqlash va emotsional barqarorlikni mustahkamlashga xizmat qilishi, psixoedukatsiya esa psixologik savodxonlikni oshirish orqali suitsidal xulq-atvorning kamayishiga yordam berishi asoslab berilgan.*

Kalit so'zlar: *suitsidal xulq-atvor, psixologik maslahat, psixoedukatsiya, yuqori sinf o'quvchilari, profilaktika, ruhiy salomatlik*

Аннотация: *В данной статье рассматривается роль психологического консультирования и психообразования в профилактике суицидального поведения среди учащихся старших классов. Проанализированы психологические особенности подросткового возраста, эмоциональная нестабильность и влияние стрессовых факторов на формирование суицидального риска. Обосновано, что психологическое консультирование способствует стабилизации эмоционального состояния учащихся, а психообразование повышает уровень психологической грамотности и снижает вероятность суицидального поведения.*

Ключевые слова: *суицидальное поведение, психологическое консультирование, психообразование, учащиеся старших классов, профилактика, психическое здоровье*

INTRODUCTION

In recent years, the problem of suicidal behavior among adolescents and high school students has become one of the most urgent socio-psychological issues worldwide. Rapid social changes, increased academic demands, and growing psychological pressure significantly affect the emotional well-being of young people. Adolescents often experience emotional instability, identity crises, and difficulties in coping with stress, which may lead to feelings of hopelessness, loneliness, and despair. These factors create a high risk for the development of suicidal thoughts and behaviors.

High school students are particularly vulnerable due to the transitional nature of this developmental stage, during which they face important life choices, academic responsibilities, and expectations from family and society. Low stress tolerance, insufficient emotional regulation skills, family conflicts, peer pressure, bullying, and lack of social support can intensify psychological distress and increase suicidal risk. In many cases, students are unable to independently manage these challenges, which highlights the importance of timely psychological support.

In this context, educational institutions play a crucial role in the prevention of suicidal behavior. Psychological counseling and psychoeducation are considered effective preventive strategies aimed at maintaining students' mental health and emotional stability. Psychological counseling provides a safe and supportive environment where students can express their feelings, understand their problems, and develop constructive coping strategies. Psychoeducation, in turn, increases students' psychological awareness, helps them recognize warning signs of emotional distress, and promotes help-seeking behavior.

Therefore, the integration of psychological counseling and psychoeducation within the school system is essential for reducing suicidal behavior among high school students. A comprehensive and systematic approach involving school psychologists, teachers, and parents can contribute to creating a supportive educational environment, strengthening students' resilience, and fostering positive attitudes toward life. This article focuses on examining the role and effectiveness of psychological counseling and psychoeducation in reducing suicidal behavior among high school students.

Suicidal behavior refers to a set of thoughts, intentions, or actions related to self-harm or attempts to end one's life. It often emerges as a consequence of psychological distress, feelings of hopelessness, loneliness, and high emotional strain. Among high school students, suicidal behavior is closely associated with personal crises, self-reflection processes, and anxieties regarding the future. Adolescents at this stage are undergoing significant physical, cognitive, and social changes, which can increase vulnerability to emotional instability and maladaptive coping strategies. Academic pressures, peer conflicts, and family challenges further exacerbate the risk of suicidal ideation.

Psychological counseling is a professional intervention aimed at helping students understand their problems, manage their emotions, and develop effective coping strategies. It provides a structured, safe, and supportive environment in which students can openly express their feelings and concerns. When working with students at risk of suicidal behavior, psychological counseling fulfills several key functions:

- Assessment and understanding of emotional state: Psychologists evaluate the student's mental health and emotional well-being to identify early warning signs of distress.

- Facilitation of emotional expression: Counseling sessions create opportunities for students to articulate their inner experiences without fear of judgment, fostering self-awareness and emotional release.

- Reduction of stress and anxiety: Through various therapeutic techniques, psychologists help students manage negative emotions and develop resilience in response to challenging situations.

- Promotion of adaptive problem-solving: Students learn to approach personal and academic challenges with constructive strategies, reducing feelings of helplessness or hopelessness.

Individual counseling takes into account the student's personal characteristics, family environment, and social context. This individualized approach not only mitigates the development of suicidal thoughts but also activates the student's internal psychological resources, enabling them to better cope with life stressors.

Psychoeducation is a preventive activity designed to provide students with knowledge about psychological processes, increase their awareness of mental health, and develop self-help skills. It complements counseling by targeting broader audiences and addressing systemic factors contributing to emotional distress. Psychoeducation is effective in preventing suicidal behavior in several ways:

- Teaching stress and emotion management skills: Students learn evidence-based techniques to regulate emotions, cope with stress, and maintain psychological balance.

- Encouraging help-seeking behavior: Students are taught the importance of seeking support in difficult situations, reducing the risk of isolation and unaddressed distress.

- Developing problem-solving strategies for life challenges: Psychoeducation equips students with practical tools to navigate everyday difficulties and major life stressors.

- Reducing stigma and fear around mental health: By normalizing psychological challenges, psychoeducational programs help students understand that experiencing stress, anxiety, or depressive feelings is common and manageable.

Group-based psychoeducational sessions further enhance social support, allowing students to feel connected and understood by peers, which is critical in reducing feelings of isolation that often accompany suicidal ideation.

Integration of psychological counseling and psychoeducation is highly complementary. While counseling addresses individual problems and provides targeted emotional support, psychoeducation equips students with knowledge, coping strategies, and resilience skills that can prevent suicidal behavior at a broader scale. The combined application of these approaches yields significant benefits:

- Increased psychological literacy and awareness among students;
- Strengthened emotional regulation and overall mental resilience;
- Reduced likelihood of suicidal ideation and self-harming behaviors;
- Promotion of a healthy, supportive, and psychologically safe school environment.

School-based interventions are most effective when implemented collaboratively. Counseling and psychoeducational programs conducted by school psychologists, in coordination with class teachers and parents, create a holistic support system for students. Regular monitoring and engagement with high-risk students are particularly crucial in preventing suicidal behavior and fostering long-term mental well-being.

Additionally, effective school-based programs require collaboration among psychologists, teachers, and parents. Regular engagement with high-risk students and continuous monitoring are crucial for early detection and intervention (Morcillo et al., 2025). Studies show that schools implementing structured psychoeducational programs alongside individualized counseling report lower rates of suicidal ideation and increased coping skills among adolescents.

Conclusion

Preventing suicidal behavior among high school students is currently one of the most important responsibilities not only for psychologists but for the entire educational system. Emotional instability characteristic of adolescence, low resilience to life challenges, and insufficient social support can create conditions for the emergence of suicidal thoughts. From this perspective, psychological counseling and psychoeducation are highly significant as effective preventive tools aimed at reducing these risk factors.

Psychological counseling helps to analyze students' individual problems in depth, understand their internal experiences, and stabilize their emotional state. Psychoeducation, in turn, increases students' psychological literacy and develops their skills in stress management, constructive problem-solving, and help-seeking when necessary. The combined and systematic application of these two approaches ensures higher effectiveness in preventing suicidal behavior.

Furthermore, the successful implementation of psychological counseling and psychoeducation within educational institutions requires collaboration among school psychologists, class teachers, and parents. Such an integrated approach strengthens students' mental health, fosters a supportive and healthy school environment, and promotes a positive attitude toward life. As a result, the risk of suicidal behavior among high school students can be significantly reduced, contributing to improved psychological well-being in the wider community.

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