PSYCHOLOGICAL DETERMINATION OF PERSONALITY TYPES OF YOUNG SUICIDES

INTRODUCTION

At present, the suicidal behavior of an individual is the most acute problem of contemporary society, which requires finding effective ways to prevent this psychological phenomenon.

According to the World Health Organization (WHO), people in their prime time of life, between the ages of 20 and 35, are the most likely to commit suicide. This age group covers 60% of all female suicides and 70% of all male suicides (WASSERMAN, 2005). In the majority of the developed countries of the world, the steady growth of the number of suicides highlights an urgent question on the reasons for the occurrence of this phenomenon and the means of its prevention (ADAMTSEVICH, 2015; AMBRUMOVA, 1994; AMBRUMOVA; KALASHNIKOVA, 1996; BAKSANSKY, SKOROBAGOATVA, 2019; FELDSTEIN, 2005).

The results of the theoretical analysis suggest that suicidal behavior, like other forms of deviant behavior, is caused by three groups of factors: the blurring of modern social norms (their relativity and conventional nature); the presence of disintegrative social processes at all levels - social, group and family; and personal characteristics that lead to alienation (MOROZOVA; BORISENKO; EVSEENKOVA, 2019; UZLOV; SEMENOVA, 2017; CHISTOPOLSKAYA; ENIKOLOPOV, 2013; GOLENKOEV et al., 2021; BONKALO et al., 2020).

There are different approaches and theories in international studies of the personal characteristics of suicides and persons being prone to suicidal behavior. For example, in the psychoanalytic school (Alfred Adler, Karl Menninger, Sigmund Freud, Karen Horney, Carl Jung, etc.), suicidal behavior is studied in the context of the relationship with the features of the inner-personal struggle of different forces; in the cognitive personality theory (George Kelly) such features of suicide as fatalism and total anxiety come to the foreground.

Personality features of suicides are also investigated in national psychology. However, there are not many such studies. V.N. Druzhinin (2010) speaks about the feeling of loneliness and not accepting oneself as the main features of a person ready to commit suicide. O.V. Dubrovskaya (2001) speaks about emotionally unstable personality traits and high neuroticism levels, propensity for dependent behavior in interpersonal relations as the factors of suicidal thoughts at a young age. E.T. Sokolova and P.V. Tsygankova (2011) focus their attention on the perfectionism of suicides aged 20-30.

We know that the transition from one age group to the next is marked by restructurizing and change of mental development. Psychological characteristics of age are specifically defined by the historical conditions under which an individual develops and by specifics of his or her activities and communication. For each age group, there is a specific "social situation of development" (VYGOTSKY, 2005, p. 34), a certain ratio of conditions of the social environment, and internal conditions of formation of the individual as a personality (FREUD, 1992; FROMM,
1995). Objectively, the same elements of the social environment affect people of different ages differently, depending on what previously developed psychological features they refract through. The interaction of external and internal factors generates typical psychological features common to people of the same age, determining its specificity. The change of relations between these factors determines the transition to the next age group.

The period of youth (from 20-23 to 30-35 years) - is the time of creating a family, arranging a personal life, time to master the chosen profession, determining the attitude to public life and his/her role in it. A person launches into the realization of his life plan. He is full of strength and energy, a desire to realize his goals and objectives. Youth is considered the optimal time for self-realization. In this age period a person most successfully copes with emerging difficulties.

Erich Fromm spoke of the passionate desire of a person to overcome his loneliness, alienation from himself and the world. At this age, a person has an overwhelming need for a partner, a need to love, which is realized regardless of how appropriate this person’s chosen object of love is. Getting to know each other may find the randomness of choice and the spouses’ mismatching characteristics. Divorce statistics during young age are over 50%. A sense of professional competence is acquired during this age period. The person understands the importance and rightness of his professional choice, as it becomes an essential connection with the world. Predictor of suicidal intentions can be a problem of reason to live, which arises from the non-materialized living aims. I.S. Kon (1989, p. 45) said, "no one can fulfill his potential in full". N.N. Tolstykh (2019, p. 48), developing I.S. Kon’s idea, notes that

\[...\] on the boundary of the third decade of one's life, self-analysis has a unique value... Looking back on his way, on the achievements and failures, a person can visualize having established an outwardly happy life, but his personality is imperfect. How little has been done, even though a good portion of his life’s journey has been completed, how much time and effort has been spent “in vain,” how little he has realized his abilities and capabilities... There is a reevaluation of values, which entails introspection and critical reconsideration of his own personality.

Based on the theoretical analysis and own experience, it is possible to assume that the formation of suicidal intentions during young age is promoted by existential frustration, which leads to loss of reason for being. At a young age, a person begins to sum up the early results of life, which may not always meet his expectations. However, such an existential vacuum is caused by personality features, a specific combination of value, semantic, emotional, and behavioral spheres of personality. Due to the urgency of the problem, the purpose of the study was to identify the psychological determinants of suicidal states of a young person.

**MATERIALS AND METHODS**

The study was carried out at the bases of departments of Psychiatric clinical hospitals in Moscow. To identify the personality types of suicides, 25 medical workers - patients' doctors of psychiatric clinical hospitals were interviewed. The results of this survey were processed with the help of cluster analysis. The study was carried out using blank questionnaires: “Test of meaningful life orientations” by J. Crumbaugh, L. Makholik as adapted by D.A. Leontyeva, A. Langle’s Existence Scale, K. Orgler (adaptation by KRIVTSOVA, 2009), Methodology “Attitude to Death” Kulagina, Senkevich (2011), Methodology “Suicidal motivation” Vagina, (1998), “S-Test” V.L. Levy (2002), aimed at diagnosing fears and phobias, "Scale of loneliness" D. Russell and M. Ferguson in the adaptation of Vodopyanova, Life Satisfaction Scale E. Diener, R.A. Emmons, Larsen, & Griffin (1985), Questionnaire of perceived social support by G. Sommer and T. Fyudrik (modified by KOLMOGOROVA, PETROVA, 2007), “Questionnaire of coping methods” by R. Lazarus, S. Folkman, adapted by T.L. Kryukova, Multi-factor personality questionnaire FPI (form B) as adapted by F. Korodi (KULAGINA; KOLYUTSKY, 2018; KARELINA, 2003).

**RESULTS**

As a result of the cluster analysis of “portraits” of young patients made by doctors of psychiatric clinical hospitals, four types of suicides between 23 and 35 years were identified. The first
cluster combined such personality characteristics as irreconcilable, protesting, negativistic, aggressive, irritable, selfish, suspicious, epileptoid, unpleasant, unbalanced, pushy, impulsive, conflicting, bitter, intemperate, emotional, hurtful, dominant, high level of ambitions, disagreeable, intolerable, impulsive, reactive and fighting.

The second cluster consists of the following characteristics: shy, modest, unsociable, not talkative, reticent, schizoid, aloof, vulnerable, depressed, self-isolating, distant, autistic, unable to get along with people, avoiding contact, living in his own world, resentful, hiding, unsociable, suffering, worried, unstable, intolerant, unsociable.

The following characteristics represent the third cluster: self-critical, self-deprecatimg, sensitive to the opinions of others, dependent on the opinions of the social environment, worried, striving for self-control, outwardly restrained, correct, principled, self-destructive, corrosive, paranoid, cynical about good, fixated on their problems, not switching, unable to be flexible, difficult to agree and rigid.

The fourth cluster consists of such characteristics as lost, unwilling to live, ascetic, tired, irritable, fulfilled, having no desires, disillusioned, passive, calm, pessimistic, independent, self-sustained, wise by experience, apathetic, unresponsive, convinced, showing no interest in anything. About half of the suicides (42%) were of the self-isolating type. They are characterized by such manifestations as shyness, modesty, taciturnity, and avoidance of any contacts (Figure 1).

Figure 1. Percentage distribution of young suicides by type of personality (%)

Source: Search data.

22% of the total number of suicides who participated in our study received such characteristics from doctors that classify them as the self-destructive types. The characteristics that dominated in their "portraits" were self-critical, paranoiac and sensitive to the opinions of others. 20% were persons characterized by rapid fatigue, indifference to everything, apathy and insensitivity. The metaphorical term for this type of suicidal personality is "outmoded." Less than 10% were young people characterized by aggressiveness, irritability, selfishness, combined with a desire for protest activities. Based on the semantic meanings of the characteristics, we called this type of suicidal personality "protester." The factor analysis of the indicators obtained using the selected diagnostic tools revealed the psychological determinants of each type of young-age suicides (Table 1).
Table 1. Psychological determinants of personality types in young suicides

| Personality type | Factor 1 Emotional sphere of personality | Factor 2 Value-semantic sphere of personality | Factor 3 Behavioral sphere of personality |
|------------------|-----------------------------------------|---------------------------------------------|------------------------------------------|
| “Protester”      | Irritability 0.609                       | Locus Control I -0.507                      | Confrontation 0.712                      |
|                  | Equilibrium -0.731                       | Self-distancing -0.708                      | Self-control -0.541                      |
|                  | Reactive aggressiveness 0.562            | Dissatisfaction with yourself -0.716        | Taking responsibility -0.503             |
|                  | Extraversion-introversion 0.511          | Dissatisfaction with your present 0.635        | Social integration -0.651                |
|                  | Esophobia -0.544                        | Self-transcendence 0.619                    | Heteropunitic motivation 0.551           |
|                  | Spontaneous aggressiveness 0.555         | Measure of fulfillment G -0.564              | Altruistic motivation -0.695             |
| “Self-insulating”| Neuroticism 0.707                        | Process -0.532                              | Distancing 0.651                         |
|                  |Depressiveness 0.554                      | Locus Control I -0.612                      |                                          |
|                  | Sociability -0.642                       | Locus Control Life -0.583                    | Search social support -0.604             |
|                  | Shyness 0.683                            | Dependent fears 0.566                       |                                          |
|                  |Extraversion-introversion -0.771          | Dissatisfaction with yourself 0.661          | Emotional support -0.754                 |
|                  | Feeling lonely 0.801                     | Dissatisfaction with your past 0.611         | Anesthetic motivation 0.593              |
|                  | Satisfaction with social support -0.633  | Insecurity 0.679                            |                                          |
|                  |Social phobia 0.597                       | Freedom F -0.573                            |                                          |
|                  | Depression level 0.672                   | Personality factor P -0.567                 |                                          |
| “Self-destructive”|Neuroticism 0.555                        | Despair, misery and guilt 0.802              | Taking responsibility 0.878              |
|                  |Openness 0.581                            | Freedom and responsibility issues 0.699      | Planning a solution 0.554                |
|                  |Extraversion-introversion 0.590           | Responsibility V 0.600                       | Instrumental support -0.608              |
|                  |Deprivation 0.708                         | Postvital motivation 0.553                   |                                          |
|                  |Depressiveness 0.596                      | Objectives -0.676                           | Anemic motivation 0.724                  |
|                  | Sociability -0.544                       | Result 0.759                                | Anesthetic motivation 0.759              |
|                  |Fortunophobia 0.501                       | General Meaningfulness of the Way of Life -0.688 | Satisfaction with social support 0.603     |
|                  |Depression level 0.785                    | Dissatisfaction with your past -0.723        |                                          |
|                  | Loneliness 0.619                         | The meaninglessness of social connections 0.703 |                                          |
|                  | The meaninglessness of business, profession, career 0.715 |                                          |
| “Obsolete”       | Loneliness 0.619                         | Devaluation of human life 0.676              | Measure of fulfillment G 0.581            |

Source: Search data.

DISCUSSION

According to the revealed factor structures, we can give a detailed characteristic of all four types of young-age suicides.

A “protester” is a type of personality similar in many ways to a “militant” (BONKALO et al., 2021). He is quite aggressive, irritable and impulsive. However, it is only at a young age that neurasthenic personality traits already appear. Neurosis, caused by repeated attempts to prove one’s point, slightly changes the focus of the personality. In this case, a personality cannot accept someone else’s point of view and suffers from the fact that no one understands
Another type we identified as a result of a cluster analysis of the characteristics of specialists of their patients is the type we called "self-destructive." The name comes from the fact that such a personality with pronounced psychasthenic traits of an accentuated personality destroys its integrity due to self-abuse and self-torture. We more specifically described this type in the previous paragraph due to the descriptive characteristics of a person prone to suicidal behavior due to an excessive predilection to blame himself for everything that happened to him and his beloved ones. Here we only need to clarify that as this type of person, who has not yet decided to leave life, already at a young age acquires the features of paranoia, only manifested not in suspicion of other people, to preserve his integrity, but paranoia against himself. Being suspicious that he is guilty of everything that happens to him, his vain attempts to understand the essence of the occurring life events leading to unjustified self-criticism, a situation of driving himself to extremes suicidal tendencies, up to the thinking and realization of suicidal plots.

It is necessary to emphasize that during the mathematical processing of empirical data, qualitative interpretation of cluster and factor analysis results, we identified another type of young age suicidal personality named "revived." This type included those in an acute situation of loss and grief, unable to get out of this condition, resulting in their repeated suicide attempts, however not ending in a completed suicide, which is also quite important to consider when describing this type of suicide personality.

The fact is that in this part of the examined suicides, all indicators obtained as a result of the techniques we used were normal (that is, minimal differences from the indicators of the "normal" group of the same age were revealed), which may be an additional explanation for the somewhat strange dynamics of the personal sphere of those who had already attempted
suicide in their youth. However, the qualitative processing of empirical data, including using the cluster analysis of expert characteristics and subsequent factor analysis of the indicators of the features of the development of their emotional, semantic and behavioral spheres of personality, revealed that, for example, their existential fulfillment is sufficiently high in characteristics. They are quite satisfied with the past; they feel the fullness of the lived part of life, are quite self-realized, feel happiness and self-confidence in the past, and do not devalue human values and priorities they lived a full life. Many of them talked about how they had never felt any desire to leave their lives, condemned those who attempted to do so; they had a taboo against suicide, but in the situation of losing those in whom they saw meaning in life - all that changed.

According to the results of our study, this type of person is in a critical condition of experiencing exactly an existential crisis, with the exception of those indicators which characterize his dissatisfaction with his past. On the contrary, such personalities are characterized by an idealization of the past, an exaltation of that part of life's journey that has already happened. Faced with loss and the painful situation of loss, they cannot get out of the crisis because they never thought they would be in that situation.

CONCLUSION
Between the ages of 24 and 35, common types of persons with suicidal tendencies are “protester” (negative attitudes toward life and its foundations, repeated attempts to prove oneself right with a high level of pretensions, and low level of development of abilities necessary for self-realization), “self-isolating” (a conviction of their failure and lack of right to life), “self-destructive” (excessive self-criticism and self-blaming). Blaming oneself for all of life’s failures, the psychasthenic vision of the causes of complex and problematic situations) and “outmoded” (fatigue and weariness from life, conviction that everything has already been passed and experienced, complete loss of meaning of further existence). The “Protester” type is caused by features of the emotional sphere of the suicidal person, as aggressive, irritable, unbalanced. A “self-isolating” personality type is, on the contrary, depressive, authentic and uncommunicative. The “self-destructive” type of suicide is determined by features of its behavioral sphere, non-adaptive coping strategies; the “outmoded” type is determined by the value and semantic sphere, the experience of an existential crisis. When organizing preventive activities, it is necessary to consider the determination of personality types of young suicides.

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Psychological determination of personality types of young suicides

Determinação psicológica dos tipos de personalidade de jovens suicídios

Determinación psicológica de los tipos de personalidad de los suicidios jóvenes

Resumo
O objetivo do estudo é identificar os fatores que determinam a formação de um determinado tipo de personalidade que tenha cometido tentativas suicidas em uma idade jovem. Para identificar os tipos de suicídios, foi realizada uma pesquisa com 25 médicos em hospitais clínicos psiquiátricos em Moscou. Os resultados da pesquisa foram processados por meio da análise de cluster. Para identificar o condicionamento fatorial do comportamento suicida de cada tipo de personalidade, utilizou-se um complexo de técnicas psicodiagnósticas, com foco no estudo das características das esferas emocional, semântica de valor e comportamental da personalidade. Os dados empíricos obtidos foram processados com a ajuda da análise de fatores. Entre os 24 e os 35 anos, os tipos comuns de pessoas com tendências suicidas são "manifestantes" (atitudes negativas em relação à vida e seus fundamentos, tentativas repetidas de provar-se certo com um alto nível de pretensões e baixo nível de desenvolvimento de habilidades necessárias à auto-realização), "autoisolante" (convicção de seu fracasso e falta de direito à vida), "autodestrutivo" (autocrítica excessiva e auto-culpa).

Keywords: Determinantes psicológicos. Autocrítica. Tipos de personalidade. Emoções. Crise existencial.

Resumen
El propósito del estudio es identificar los factores que determinan la formación de un cierto tipo de personalidad que ha cometido intentos de suicidio a una edad temprana. Con el fin de identificar los tipos de suicidios, se realizó una encuesta a 25 médicos en hospitales clínicos psiquiátricos en Moscú. Los resultados de la encuesta se procesaron mediante análisis por conglomerados. Para identificar el condicionamiento factorial de la conducta suicida de cada tipo de personalidad, se utilizó un complejo de técnicas psicodiagnósticas, centradas en el estudio de las características de las esferas emocional, valor-semántica y conductual de la personalidad. Los datos empíricos obtenidos fueron procesados con la ayuda del análisis factorial. Entre las edades de 24 y 35 años, los tipos comunes de personas con tendencias suicidas son "manifestantes" (actitudes negativas hacia la vida y sus fundamentos, intentos repetidos de demostrar que uno mismo tiene razón con un alto nivel de pretensiones y bajo nivel de desarrollo de habilidades necesarias para la autorrealización), "autoisolante" (convicción de su fracaso y falta de derecho a la vida), "autodestructivo" (autocrítica excesiva y auto-culpabilización).

Palabras-clave: Determinantes psicológicos. Autocrítica. Tipos de personalidad. Emociones. Crisis existencial.