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## **PREVENTION OF SUICIDE AMONG THE WORKERS OF LAW ENFORCEMENT AGENCIES ON THE BASIS OF THE SUCCESSFUL ASPIRATION**

*The article analyzes the suicide problem among the personnel of the law enforcement agencies. The technology of the successful aspiration as a means of prevention of the suicidal behaviour is characterized.*

*The authors analyze the dynamics of suicides among the employees of the law enforcement agencies. On the basis of the system of classes held at the Lviv State University of Internal Affairs with the use of the mindfulness technologies of the successful aspiration for police officers, techniques of the formation of the anti-suicidal behaviour among the employees of law enforcement agencies were developed; the influence of the successful aspiration technology on the prevention of suicidal behaviour was investigated.*

*The article analyzes the dynamics of the state of the psyche of police officers in its conscious and unconscious aspects on the basis of the usage of the successful aspiration technology which is aimed at helping a person to understand the transpersonal fears, complexes, phobias and causes of stresses that threaten the normal functioning of a personality.*

**Key words:** *suicide, suicidal behaviour, law enforcement agencies, successful aspiration, humour styles, coping behaviour.*

**Introduction.** Suicide is an extremely negative phenomenon of a modern social life. It has a range of interconnected factors: social, political, economic, psychological, etc. According to the information given by the World Health Organization (WHO), every year more than eight hundred thousand suicides occur in the world. This is the official statistics, according to the unofficial – the number is 2–4 times higher. Statistics are based only on the proven cases, but there are a lot of cases which are not fixed. According to experts' thoughts, there are far more unsuccessful suicidal attempts. For each suicide that leads to the death there are 10 to 40 suicidal attempts with traumatic consequences [1]. According to WHO calculations, in 2020 around one and a half million people will end their lives by suicide each year [2].

According to the data of the State Statistics Service, in 2016 almost seven and a half thousand Ukrainians committed a suicide. Men contemplated the most of them – about six thousand. In 2016 more than eight thousand people died voluntarily. The experts note that the data of the recent years are not very reliable [3]. First of all, this is due to the fact that the part of the territory of Ukraine is uncontrolled by the authorities. In addition, problems with migrants and participants of the ATO are arising today and the level of economic prosperity of the Ukrainian population is sharply decreasing. Under such conditions the risk of suicide is increasing.

Especially acutely the problem of a suicide exists in the activities of law enforcement agencies. In summer of 2016 the Chief Military Prosecutor of Ukraine – Anatolii Matios informed that since the beginning of the ATO in 2014–2016, the non-military losses of the Ukrainian army has amounted

1294 cases, 259 out of them were suicides (20%). Then the issue of «The Ukrayinska Pravda» published the Ministry of Defense's response to a request for non-military losses in the Ukrainian Army in 2016–256 non-military deaths, the highest percentage of which has a suicide (63 cases or 25%) [4]. In the Institute of Forensic Psychiatry more than 100 suicides committed by the ATO participants were reported after their release [5]. In January 2018, non-military losses of the Ukrainian Armed Forces has amounted to 22, a half of them committed a suicide (5 in the ATO zone). Comparing with January 2017 the dynamics is 47%. It is important to note that in January preventive measures saved the lives of six servicemen during a suicide attempt. Three officers and eight contractmen committed a suicide. Six soldiers committed a suicide performing official duties [6].

So, every year the percentage of suicides increases. The problem requires an immediate solution. In modern conditions suicidal cases are the cause of significant losses in the personnel of law enforcement agencies. In Ukraine among the total number of the dead workers of law enforcement agencies about one third are those who committed a suicide [7]. Understanding the causes of the dynamics of the suicide growth in a modern society will contribute to the development of new ways to counter this destructive phenomenon.

**The purpose of the study** is to identify the effectiveness of the successful aspiration technology as a prevention of a suicidal behaviour among the workers of law enforcement agencies.

**Objectives of the study are:** to analyze the dynamics of suicides among the workers of law enforcement agencies; to develop techniques of formation of anti-suicidal behaviour among the workers of law enforcement agencies; to

investigate the influence of the successful aspiration technology on the prevention of suicidal behavior.

**Research methods.** In the Lviv State University of Internal Affairs a system of classes with the use of mindfulness techniques of the successful aspiration for the police officers was conducted.

Before the session of the successful aspiration the participants of the study were given to fill in the tests of the coping-behaviour studying technique (by J. Amirkhan), situational and personal anxiety (by D. Spielberg) and a selection of types of humor (by R. Martin). These techniques have been selected based on the following criteria: accessibility, clarity and efficiency.

The technique «Copy Strategy Indicator» is assigned for the diagnosis of the dominant coping strategies of the personality and was adapted in the V.M. Bekhterev psychoneurological research institute. It was chosen by us to determine which style of solving a problem situation chooses a person in order not to get into a difficult situation and if they have already got into it how they will try to get out of it.

«The test for determining the scale of anxiety» is assigned in this aspect to show what level of anxiety respondents maintain and whether it will change with a help of the better self-awareness. Measuring the anxiety as a person's characteristic is especially important because this characteristic largely determines the behavior of the subject. A certain level of anxiety is a natural and obligatory feature of an active personality. Every person has their optimal or desired level of anxiety – this is the so-called useful anxiety. A person's assessment of their position in this regard is an essential component of self-control and self-education for them.

Humour is a personality mirror. The way he or she jokes can show what dangers can wait for them on the way of life, how he or she perceives the environment and how he or she presents himself or herself to a society.

The purpose of identifying these aspects of a personality is an analysis based on a comparison of the test results obtained before the aspiration technique and after it. The obtained results were integrated and compared.

**The results of the research.** The workers of law enforcement agencies can be influenced by a huge number of negative phenomena and processes that will accompany them throughout their careers. The professional deformation, the deformation of legal consciousness, the risk of getting into an unstable emotional state, the threat to life and health while coping with dangerous tasks, moral and physical activities are connected with an irregular working day and the pressure connected with the specifics of the evaluation of the done work.

The specificity of the work of the employees of the law enforcement agencies includes the elements of the negative impact on the personality of the employee and promotes the crisis of the motivational sphere in the profession, the reduction of professional meaningful goals and interests, the loss of satisfaction of the service, the constant sense of physical tiredness and emotional emptiness and, consequently, the increase in the number of psychosomatic and somatic diseases. The result of this often looks like a violation of the justice, professional discipline, professional ethics. It occurs if the worker lacks a sufficient level of psychological and moral stability which leads to the development of the professional deformation. The specificity of official activity, first of all, the necessity to maintain professional secrecy, the

impossibility of an actual discussion of the emotionally sharp moments of professional activity with close people, gives rise to alienation, psychotrauma, contributes to increasing conflicts in the sphere of family and domestic decisions. Permanent danger, the need to carry out risky actions performing the professional functions support a high level of emotional and physiological stress.

According to the researches of M. Chmil and O. Skliar the most weighty reasons of a suicide are: working conditions – 19%; conflicts in the team – 44% (conflicts among employees, service betrayals, concealment of information, superficial attitude of colleagues, outright defamation and threats, etc.); relations with the management – 37% (negative relationship with the management, non-responding to a request, humiliation among a team, the delegating of unrealistic tasks, etc.). A considerable number of analyzed suicides of workers was demonstrative and was committed in sight of relatives, friends, colleagues and others who were of particular importance for a suicide [8]. This indicates the existence of a conflict between the suicide and these individuals, as well as the conscious desire to harm them in such a way. One of the reasons of a suicide is an excessive hierarchy in the bodies of law enforcement agencies. There are several levels of authority over every ordinary employee of the law enforcement agencies. Suicidal cases are characteristic of subordinates.

Modern conditions require the creation of an updated psychological and pedagogical theory and methodology for the formation of anti-suicidal behavior of employees of law enforcement agencies. It includes the development of modern methodological guidelines and methodological recommendations that increase the efficiency of preventive (prophylactic) systems, the methodological basis of which is the systemic and structural analysis of suicidal and anti-suicidal behaviour in connection with social, psychological, spiritual, ethical, psychological and legal qualities of a personality.

The psychological and pedagogical theory of formation of anti-suicidal behaviour of employees of the Ministry of Internal Affairs investigates the social and pedagogical norms of anti-suicidal behavior of a personality, criteria and indicators for assessing the level of suicide, as well as the technique of formation of anti-suicidal behaviour.

The creation of a psychological and pedagogical theory of the formation of anti-suicidal behaviour, as well as the development of a technique for the formation of anti-suicidal behaviour, can significantly reduce the number of suicides and factors that contribute to their commitment.

The main principles of the psychological and pedagogical theory of suicide prevention among employees of the Ministry of Internal Affairs are:

1. The object of the theory is the development of anti-suicidal behaviour, the subject – the social and pedagogical standard of behaviour, which contributes to the prevention of suicide. The main problem is the pedagogical theory of management and development of anti-suicidal behaviour. Special methods are psychological and pedagogical diagnostics and correction of suicidal behaviour. Scientific principles of pedagogical theory and technique of the anti-suicidal behaviour formation are results of researches used in the technique of psychological and pedagogical prevention of suicidal behaviour.

2. The social and pedagogical norms of the anti-suicidal behaviour which include forms of psychological, ethical,

social, cultural, legal and professional requirements that regulate the anti-suicide behaviour of people with the help of installations, general orders and prohibitions and are applied to suicidal actions.

3. The criteria for social and pedagogical norms of the anti-suicidal behaviour: preservation of the notion about life as the highest value of a human being; preservation of motivation for the development of harmonious psychic, ethical, social, cultural, legal and professional activity; ensuring the satisfaction of the personality from the process of mental, ethical, social, cultural, legal and professional activities; the average measure of the frequency of manifestations of certain characteristics of the physiological, psychological, ethical, social, legal and professional qualities of the personality, excluding the choice of a suicidal model of behaviour in the statistical sense; a state necessary for a satisfactory mental, ethical, social, cultural, legal and professional state of health; the effectiveness of the motivation management, strategy and tactics of interpersonal and professional communication, serving as the basis for the formation of the anti-suicidal behaviour; conditions for self-realization, psychological, ethical, social and legal protection of the personality in the team.

4. The automated techniques serve for the psychological and pedagogical diagnostics, informational support for the making of the pedagogical decision and correction of the suicidal behaviour.

5. The content of the programme is effective pedagogical training of specialists in the formation of anti-suicidal behaviour.

6. The methods of the pedagogical action contribute to the prevention of suicides and suicide attempts.

Thus, in today's conditions, there are contradictions between the need to prepare psychologically persistent, conscious workers of the Ministry of Internal Affairs system and their lack of practical psychological training to overcome suicidal influences. One of the achievements of psychological and pedagogical science is the use of mindfulness technologies to increase the anti-suicidal resistance. The term "mindfulness" used in psychotherapy means deep awareness, attentiveness, completeness of mind. Mindfulness technologies are aimed at specifying the attention, a complete reflection of the current moment, the realization of something new, extremely important. The mindfulness therapy helps to solve psychological problems and overcome insecurities in life through concentration, meditation.

In our research we have analyzed the dynamics of the state of the psyche of police officers in its conscious and unconscious aspects. The unconscious manifests itself externally through conscious channels. The technologies of the successful aspiration are used for the disclosure of the unconscious. The successful aspiration is a process of self-knowledge based on systematic inhalations and exhalations during a long period of time.

From the biological point of view with the frequent inhalation and exhalation, the process of hyperventilation takes place in the body, i.e., a characteristic series of behavioral and physiological changes connected with hypocapnia (a condition that is caused by a sharp breath, which could be provoked by fear, panic or hysteria), the reduction of cerebral partial pressure of  $\text{CO}_2$  ( $\text{PCO}_2$ ) i.e. carbon dioxide and a concomitant increase in pH (hydrogen), respiratory alkalosis occurs, which means excessive alkalinity of the arterial blood. The typical symptoms connected with the

condition of the respiratory alkalosis include dizziness, palpitations, tingling and limb insensitivity. These symptoms form the basis of the exposition of the procedure used in hyperventilation with the increased treatment of anxiety disorders because they are similar to the somatic symptoms of anxiety. At higher levels of hypocapnia it is associated with prolonged hyperventilations, the discovery of spasms, which means involuntary contractions of the muscles of the arms and legs. Such ostentations are known to be sound, but they are sometimes interpreted by the individual as signs of a serious physical disorder, leading to panic and as a consequence to the escalation of hyperventilation, the so called "hyperventilation syndrome" [10].

Breathing carries out the gas exchange between the external environment and alveolar air, the composition of which in normal conditions varies in the narrow range. In case of hyperventilation the oxygen content rises (40–50% of the original), but with the further hyperventilation (about a minute or more), the content of  $\text{CO}_2$  in the alveoli is significantly reduced, resulting in the lowering of the level of carbon dioxide in the bloodstream, forming a hypokapnia which is in the lungs and while deep breathing shifts pH to the alkaline side, which changes the activity of enzymes and vitamins [11].

The hyperventilation of the body, in essence, destroys the cells that held the information. For the better understanding, imagine that the information that you forget is falling into a huge pit, this pit represents the peculiar unconscious, i.e. no memories leave our brain, but simply take an archived position to which our consciousness does not have access. In fact, our experiences of childhood manifested in the so-called childhood amnesia. According to the hypothesis of the successful respiration these very forgotten by us years do not go anywhere, they just fall into the pit, which eventually is filled by us with all new and new experiences, respectively, from childhood we do not remember anything because the "pit" is thrown by new memories. Hyperventilation works like a hair dryer, blurs the upper layers of information (dead cells of  $\text{CO}_2$ ), which, when released, pass our consciousness, thereby encouraging us to relive again and realize events from an early childhood.

Any repetitive hypoxia triggers adaptation processes and leads to a training response, which activates the mechanisms of protection and expands the framework of normal functioning of the body under stress. In particular, with hypoxia of any genesis, the activation of erythrocyte release from bone marrow and blood depot takes place. As a result, the oxygen capacity of the blood increases. It is important that in the mechanism of protection, active elements that lead to redistribution of blood flow (hemodynamics) and optimization of tissue breathing begin to function actively. Naturally, all this is accompanied by the deactivation of energy expenditure, which (to a certain extent) is always considered positive for the vital activity of the organism. For all types of hypoxia the energy consuming glycolytic oxidation pathway is activated. Significant changes occur in the nervous system and not only in the brain, but also in the peripheral nerve centers; as a result, the resistance of the neurons to hypoxia, ATP deficiency and toxic exchange products increases. At the background of increasing hypoxia there is a shift in mental processes; the perception of the world changes and, accordingly, the corresponding reactions change. In particular, there appears a violation of the logic of

thinking, criticism, there is a discoordination of movements, in other words, there are phenomena, described by the term "altered states of consciousness" [12].

The process that occurs during hyperventilation can be compared to how a person sees a direct threat to their life, for example, a vehicle rides at a high speed in front of them, a criminal with arms in their hands or other dangers. A person begins to breathe fast, respectively, introduces themselves into a state of the altered consciousness. Often people say that in dangerous situations the world around them "as if stopped", time began to go slower or vice versa faster, i.e. hyperventilation caused an altered perception of reality in the body. Accordingly, in everyday life of any person, this kind of change of perception may occur. One must be ready for it.

In the process of hypocapnia a person is experiencing great fear, panic and states which a police officer may experience while performing their official duties. Accordingly, if a person has already experienced hyperventilation and was in the process of hypocapnia, they may be ready to self-overcome such stressful situations.

Before conducting the respiratory technique, the

participants were offered to try physical exercises of the author's technique. Exercises were conducted to increase the empathy of respondents.

The technique of conscious breathing is aimed at helping a person to understand transpersonal fears, complexes, phobias and causes of stresses that threaten the normal functioning of the personality.

The group was divided into two subgroups: the first one consisted of people who were breathing (C – conscious) and the people who observed each participant individually and helped by staying close (A – assistants).

Conscious breathing took place within 33 minutes. The purpose of this practice was to show the participants how stressful, disturbing and unexpected can be a situation for their consciousness if they did not learn to manage it. Also, the goal was to show the respondents what kind of behaviour (coping-behaviour) their brain takes in stressful situations. Also, determine whether the participants' desire to direct their attention to the styles and subjects of humour change.

The data obtained as a result of the survey were systematized and reflected in the table:

№ of the Respondent	J. Amirkhan Coping Behaviour		D. Spielberg Anxiety Indicator		R. Martin Humour Style	
	Poll 1	Poll 2	Poll 1	Poll 2	Poll 1	Poll 2
3 c	PS – 25 SSS – 18 EfP – 16	PS – 19 SSS – 17 EfP – 21	SA – 46 PA – 47	SA – 49 PA – 52	Af – 39 S – 28 Agr – 21 Self-dest – 14	Af – 39 S – 24 Agr – 17 Self-dest – 8
69 a	PS – 29 SSS – 24 EfP – 21	PS – 31 SSS – 23 EfP – 21	SA – 51 PA – 41	SA – 49 PA – 41	Af – 27 S – 47 Agr – 44 Self-dest – 37	Af – 33 S – 51 Agr – 47 Self-dest – 32
007 c	PS – 27 SSS – 20 EfP – 22	PS – 19 SSS – 18 EfP – 22	SA – 45 PA – 45	SA – 45 PA – 45	Af – 32 S – 42 Agr – 28 Self-dest – 31	Af – 32 S – 29 Agr – 32 Self-dest – 32
03 c	PS – 24 SSS – 21 EfP – 20	PS – 17 SSS – 18 EfP – 22	SA – 44 PA – 45	SA – 49 PA – 57	Af – 28 S – 32 Agr – 35 Self-dest – 29	Af – 38 S – 30 Agr – 31 Self-dest – 35
777c	PS – 17 SSS – 32 EfP – 24	PS – 31 SSS – 25 EfP – 17	SA – 48 PA – 44	SA – 48 PA – 51	Af – 31 S – 36 Agr – 27 Self-dest – 45	Af – 39 S – 38 Agr – 32 Self-dest – 45
778a	PS – 26 SSS – 22 EfP – 22	PS – 23 SSS – 23 EfP – 19	SA – 39 PA – 35	SA – 37 PA – 52	Af – 29 S – 25 Agr – 30 Self-dest – 21	Af – 25 S – 32 Agr – 34 Self-dest – 42
1232 c	PS – 18 SSS – 17 EfP – 19	PS – 28 SSS – 18 EfP – 32	SA – 43 PA – 33	SA – 41 PA – 38	Af – 35 S – 38 Agr – 31 Self-dest – 29	Af – 37 S – 30 Agr – 21 Self-dest – 27
991 a	PS – 28 SSS – 18 EfP – 19	PS – 18 SSS – 22 EfP – 33	SA – 46 PA – 47	SA – 50 PA – 47	Af – 42 S – 34 Agr – 31 Self-dest – 28	Af – 21 S – 33 Agr – 29 Self-dest – 35
666 c	PS – 31 SSS – 15 EfP – 20	PS – 22 SSS – 19 EfP – 17	SA – 53 PA – 43	SA – 53 PA – 43	Af – 31 S – 35 Agr – 24 Self-dest – 27	Af – 27 S – 40 Agr – 25 Self-dest – 40
860 a	PS – 27 SSS – 18 EfP – 21	PS – 25 SSS – 20 EfP – 23	SA – 45 PA – 45	SA – 64 PA – 59	Af – 27 S – 32 Agr – 36 Self-dest – 28	Af – 41 S – 18 Agr – 23 Self-dest – 8

21 c	PS – 17 SSS – 15 EfP – 14	PS – 21 SSS – 13 EfP – 12	SA – 41 PA – 47	SA – 43 PA – 41	Af – 21 S – 29 Agr – 40 Self-dest – 36	Af – 20 S – 37 Agr – 40 Self-dest – 20
10 a	PS – 21 SSS – 22 EfP – 16	PS – 21 SSS – 15 EfP – 19	SA – 42 PA – 41	SA – 41 PA – 48	Af – 28 S – 40 Agr – 41 Self-dest – 28	Af – 39 S – 41 Agr – 37 Self-dest – 26
13 c	PS – 29 SSS – 26 EfP – 19	PS – 20 SSS – 20 EfP – 28	SA – 49 PA – 64	SA – 48 PA – 69	Af – 44 S – 35 Agr – 36 Self-dest – 25	Af – 44 S – 40 Agr – 32 Self-dest – 28
450 a	PS – 26 SSS – 22 EfP – 13	PS – 28 SSS – 20 EfP – 15	SA – 41 PA – 31	SA – 45 PA – 43	Af – 33 S – 41 Agr – 25 Self-dest – 12	Af – 31 S – 40 Agr – 23 Self-dest – 14
2 c	PS – 30 SSS – 28 EfP – 18	PS – 22 SSS – 21 EfP – 18	SA – 38 PA – 41	SA – 47 PA – 57	Af – 25 S – 18 Agr – 34 Self-dest – 25	Af – 27 S – 25 Agr – 26 Self-dest – 21
721 a	PS – 21 SSS – 30 EfP – 16	PS – 19 SSS – 14 EfP – 19	SA – 41 PA – 58	SA – 41 PA – 59	Af – 32 S – 42 Agr – 33 Self-dest – 22	Af – 32 S – 26 Agr – 22 Self-dest – 24

PS – Problem Solving; SSS – Search for Social Support; EfP – Escape from Problems; SA – Situational Anxiety; PA – Personal Anxiety; Af – Affiliative Style of Humour; S – Self-Supporting Humour; Agr – Aggressive Humour; Self-dest. – Self-Destructive Humour.

Each participant in order to preserve anonymity has chosen a unique number. A mark next to the number indicates which part the participant took in the practical lesson: A – assistant or C – conscious.

In columns number 2 and 3, the method is specified, the decision of the problem situation is chosen by each participant to (questionnaire 1) and after (questionnaire 2) of the respiratory technique.

As it can be seen from the table data, after the application of the respiratory technique, a significant number of respondents, quite differently began to refer to the strategy of problem solving (PS), which indicates that the people either realized the importance of their problems (an increase in the equivalent of about 31.25%) and at the same time decided to solve them directly or, on the contrary, realized that the problems of solving problems are too difficult for them at the moment, i.e. problems can reach the level of consciousness. The participant will consciously analyze their number and opportunity or, in this case, the impossibility of solving it (50%).

During the correlation analysis it was found that respondents after a conscious breathing session changed their attitude to the immediate solution of the problem. Conscious breathing made it clear for the participants that, in essence, they should not wait for the solution of problems (they themselves cannot be solved), their personal problems must be solved by themselves.

The significant change in the coping behaviour of the respondents is fixed, in terms of a significant decrease in the search for social support. This fact can be interpreted as the awareness of each participant's personal responsibility for their actions, and for solving problems that arise as a result of their actions. The refusal in a certain aspect, from the social support, moved to escape from the problems. The personal anxiety increased, respondents managed to raise

subliminal problems that were unknowingly concealed by the participants of the breathing technique in the group. This fact determines the direct work of the respondents at themselves, because in order to overcome the complex, fear or problem, it must be understood. An increase in the anxiety rate is a sign of direct awareness of the participants of the experiment of their personal problems.

An interesting result was obtained after the analysis of personal humour styles. 18.75% of those polled before the conscious breathing preferred an affiliate style of humor, i.e. humour, which improves the mood of everyone around, not offending anyone. After breathing this figure has risen to 50%, indicating that personalities are aware of the need to support each other, improving the interconnection in the team. 37.5% of respondents before the respiratory techniques preferred self-sustaining humour, which indicates that a large number of people, with the help of humour, first of all raise their own spirits, and only then they try to help someone by humour. More respondents (70%) chose self-supporting along with affiliated humour, the rest chose aggressive (20%) and self-destructive humour (10%). After conducting successful aspiration technique this indicator has changed towards affiliated and self-supporting humor.

**Conclusions.** Thus, after conducting the mindfulness technologies of the successful aspiration, respondents realized the potential for work at themselves. The results obtained after the questionnaire showed the improvement in the self-awareness of the participants in their strategy of work in stressful situations and increase of their anti-suicidal behaviour. Many participants on the session of successful aspiration expressed a desire to continue working in this direction.

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### ПРОФІЛАКТИКА СУЇЦИДУ СЕРЕД ПРАЦІВНИКІВ СИЛОВИХ ВІДОМСТВ НА ОСНОВІ УСВІДОМЛЕНОГО ДИХАННЯ

У статті проаналізовано проблему самогубства серед працівників правоохоронних органів. Охарактеризовано технологію усвідомленого дихання як засіб запобігання суїцидальній поведінці.

Автори аналізують динаміку самогубств серед працівників правоохоронних органів. На основі системи занять, що проводились у Львівському державному університеті внутрішніх справ із застосуванням розумних технологій усвідомленого дихання працівників поліції, були сформовані прийоми формування антисуїцидальної поведінки серед працівників правоохоронних органів. Досліджено вплив технології усвідомленого дихання на запобігання суїцидальній поведінці.

У статті проаналізовано динаміку стану психіки працівників поліції у її свідомому та несвідомому аспектах на основі використання майднфулнес технологій усвідомленого дихання, яка спрямована допомогти людині зрозуміти трансперсональні страхи, комплекси, фобії та причини виникнення стресів, які загрожують нормальному функціонуванню особистості.

**Ключові слова:** суїцид, суїцидальна поведінка, правоохоронні органи, усвідомлене дихання, стилі гумору, копінг-поведінка.