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**SUICIDE RATES OF KAZAKHSTAN AND SOUTH KOREA:
MAIN CAUSES AND SOLUTION ATTEMPTS**

This work covers the current suicide situation in South Korea and Kazakhstan. It compares the two countries and attempts to describe possible solutions to the problem. It is thought that in order to deal with suicide problem Kazakhstan needs to use experience of countries with higher development level like South Korea and build its own suicide prevention strategy, basing on it.

Keywords: suicide, statistics, Kazakhstan, South Korea, survey.

**ҚАЗАҚСТАН МЕН ОҢТҮСТІК КОРЕЯНЫҢ СУИЦИД СТАТИСТИКАСЫ:
БАСТЫ СЕБЕПТЕР МЕН ШЕШУ ЖОЛДАРЫ**

Бұл мақалада Оңтүстік Корея мен Қазақстанның қазіргі суицид мәселесінің жағдайы туралы баяндалады. Екі мемлекетті салыстыра отыра, аталған мәселенің шешу жолдары сипатталады.

Түйін сөздер: суицид, статистика, Қазақстан, Оңтүстік Корея, сауалнама.

**СТАТИСТИКА СУИЦИДОВ КАЗАХСТАНА И ЮЖНОЙ КОРЕИ:
ГЛАВНЫЕ ПРИЧИНЫ И ПОПЫТКИ РЕШЕНИЯ**

В данной статье приводятся общие сведения о статистике суицидов в Южной Корее и Казахстане. Проводится сравнительный анализ проблемы суицида в двух странах и описываются пути решения этой проблемы.

Ключевые слова: суицид, статистика, Казахстан, Южная Корея, опрос.

These two countries were selected on the following bases:

- Comparison of native land (Kazakhstan) with the country of the studied language (South Korea)
- Growing suicide problem in both countries

– Growing need to compare Kazakhstan’s suicide situation with other highly developed countries like South Korea on the basis of its previous experience

In recent years sociologists, psychiatrists, statisticians, and physicians became increasingly aware of suicide as not only one of the leading causes of death in the world, but also as a major public health problem and a clinical issue. According to the World Health Organization (WHO), the annual death toll from suicide worldwide is estimated to be nearly 800 000 people and more than half of these occurs in Asia. It means that somebody dies by taking their own life every 40 seconds [1]. For every suicide that results in death there are between 10 and 40 attempted suicides. Technological advances led people to choose newer methods to end their own life. Firearms and widely available poisons became popular suicide methods. New theories and explanations for what drove people to self-harm also merged. WHO named risk factors for suicide which include mental disorder (such as depression, personality disorder, alcohol dependence, or schizophrenia), and some physical illnesses, such as neurological disorders, cancer, and HIV infection.

No less significant has been factors related to economic turmoil. The rates soared after the Asian financial crisis of 1997 and the global financial crisis of 2008. In Korea, massive corporate restructuring triggered job insecurity, toughened competition and heightened the overall stress levels as well as the intensity of depression [4]. At that time many countries underwent economic upheavals but their suicide rates didn’t increase so sharply like it happened in South Korea. The suicide rates in this country more than quadrupled from 6.8 in 1982 to 31.0 in 2009 [2]. South Korea has the second-highest suicide rate in the world as the WHO affirms, as well as the highest suicide rate for OECD member state. It is now the number one cause of death for its citizens between the ages of 10 and 30. Among the people who committed suicide were a number of popular artists, politicians, athletes such as former president Roh Moo-hyun, former Busan mayor Ahn Sang-Young, former South Jeolla governor Park Tae-young and former Hyundai chairman Chung Mong-hun. [6] Areas with the highest suicide rates include provinces such as Gangwon (391.0 person), Ulsan (387.7), Gyeonggi (339.5) and special city of Seoul (314.3) [12].

I have carried out an opinion poll in which 20 Koreans at the age of 18 to 50 have participated, regardless of sex and occupation. 65% of the polled receive stress because of overwork and an excessive education process, other 35% worry about their future. 80% are engaged in various hobby activities in order to dispel stress, 10% resort to alcohol, 10% think that fighting stress is useless. People who consider self-harm a taboo amount to 80%, other 20% recognize suicide as a lawful right of each person. Half of participants believes that economic and social circumstances are the main reason, while the other half thinks that the main reason of high suicide rates is a severe competition and a Korean traditional feature of valuing only the first place. As it can

be seen from the poll, reasons for committing a suicide differ depending on age. While younger people become over-stressed because of the highly competitive education and examination system, adults experience stress from unemployment and overwork. To succeed in South Korean social system, 77% of all elementary to high school students spend on average 10.2 hours per week in cramming schools, which they attend after their usual school hours. Employees have exactly the same situation. Korea was on top of the list of countries with the longest working hours until 2007. On average, men have a suicide rate that is twice as high as women's [8]. However, the suicide attempt rate is higher for women than men. According to a study, because men use more severe and lethal suicide methods, men have higher suicidal completion rate than women.

Based on the table below, the older people are most likely to commit a suicide and endure extreme poverty because of the limited state support and a desire, as they claim in death notes, to not be a burden to their families. 28.1% of all suicides in South Korea are committed by old people [7]. Suicide rates among old people aged 65 and over were five times higher in 2009 than in 1990. Financial challenges after a comparatively early retirement with the state-run pension system, which has taken shape only in the last two decades and is largely thought to be ineffective, are reckoned to be a major cause. The maximum amount of the basic pension is nearly 200 USD per month [8]. Those who have working children are not eligible for pension. To add up, over the past 15 years, the percentage of children who

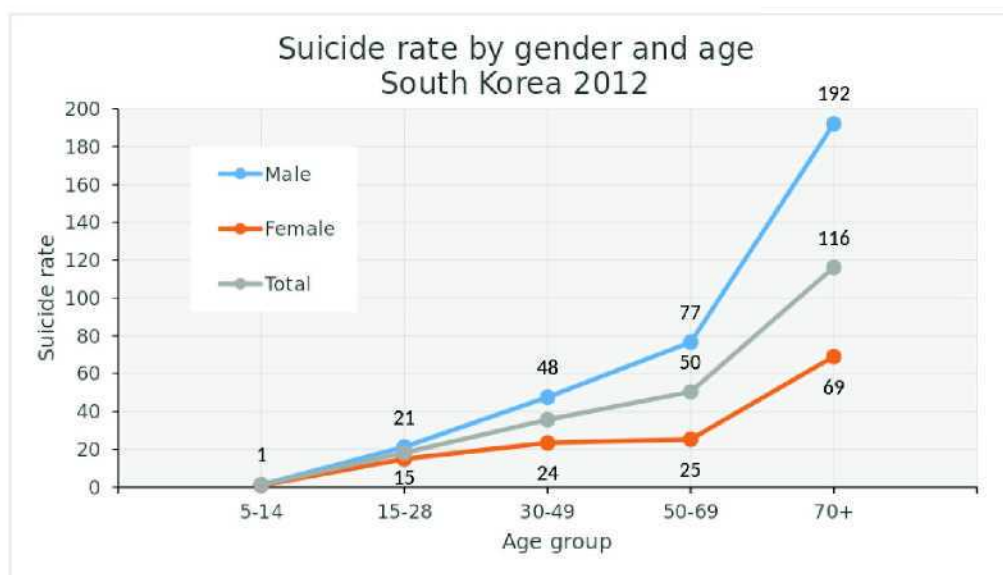


Diagram 1. Statistics by WHO, 2012

think they should look after their parents has shrunk from 90% to 37%, according to government polls [8]. South Korean society is currently facing collective cultural ambivalence. Confucian values that existed for so many centuries were destroyed by a new set of Western values that came along with incredibly fast industrialization. In much of Asia, a powerful Confucian social contract has for centuries dictated that children care for their ageing parents. But that filial piety is weakening as younger generations migrate to cities. South Korea has accumulated wealth so quickly. Consequently, materialism with ruthless competition for the best test scores and more prestigious jobs became one of the main characteristics of modern South Korean society. Certainly, tension arises and can be a source of distress creating ambiguous social expectations.

The current division of the Korean Peninsula also influence on suicide statistics. Over the past 10 years, 6% to 7% of defectors who have died killed themselves. But recently there has been a big rise - 14% of deaths among defectors in 2015 have been suicides [11]. 50% of defectors described their status in the North as “upper” or “middle” class, but only 26% said they fell into this category in the South. The vast majority – 73% – described their new status as lower class. Self-harm reasons of defectors include new economic reality, which can be very different from the life portrayed in the South Korean soap operas smuggled into the North, and homesickness.

Suicide is a complex problem, which is linked to various factors, such as alcoholism, violence, social and economic conditions. This is why the suicide problem is considered to be one of the most complicated one to solve. Suicide has become the fourth most common cause of death in South Korea, with up to 40 of its citizens taking their own lives every day, and the government has realized that it is a problem that needs tackling. The Korea Association for Suicide Prevention was created in 2003 and a national campaign was launched [5]. The campaign includes educational workshops, promotion of various ways of coping with stress and unhappiness through media. Nowadays officials watch on people through cameras and through cooperation with a suicide hotline called LifeLine Korea. Psychiatric specialists started studying the mental environment of people who committed suicide by conducting in-depth interviews with their survivors.

More than that, South Korean government started a program of shock therapy by encouraging citizens to take part in their own mock funerals [14]. Participants write wills and farewell letters and climb into caskets, contemplating the pain their death would cause family and friends. Before climbing into their caskets, they watch inspirational videos of their compatriots, including cancer sufferers and people with disabilities, who had overcome adversity. Despite its macabre overtones, this shocking experience is designed to emphasize the value of living and reset minds for a completely fresh start. The Seoul municipal government launched a campaign in 2012 to rebrand the city’s eerie Mapo Bridge, known to residents as the “Bridge of Death,” where doz-

ens of people leap into the Han River each year. Due to all these efforts, suicide rate reduced to 4.1% in 2015 compared to 2014, which means that Korean government is now became able to save 3 people out of 40 every day [11].

According to the WHO, while South Korea occupies the 2nd place in suicide statistics, Kazakhstan is ranked the 9th over the world and the 1st in Central Asia. It's not a well-known fact that Kazakhstan's suicide rate is so high.

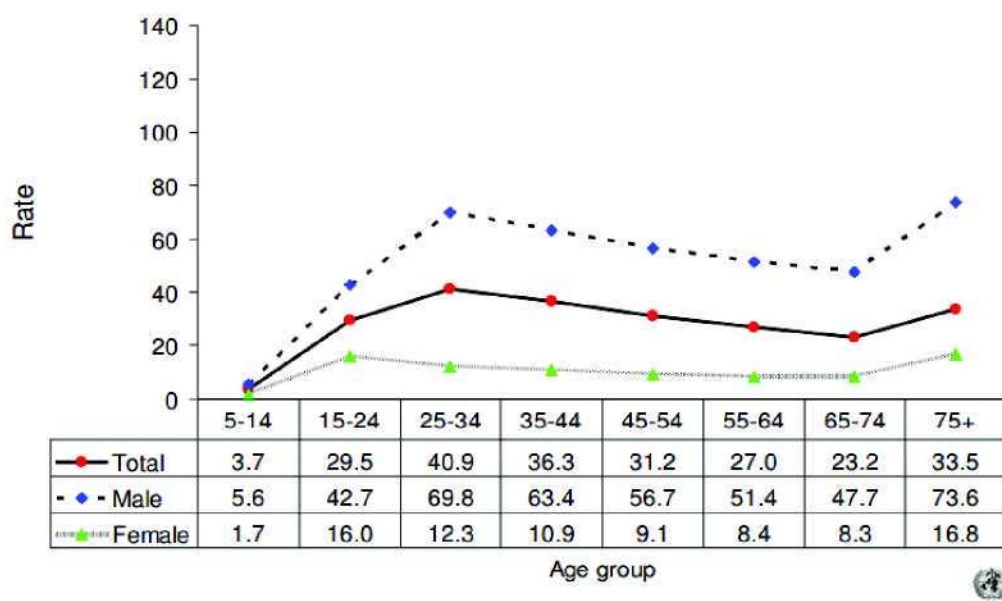
<i>Both sexes rank</i>	<i>Country</i>	<i>Both sexes</i>	<i>Male rank</i>	<i>Male</i>	<i>Female rank</i>	<i>Female</i>
1	Guyana	44.2	1	70.8	1	22.1
2	South Korea	28.9	5	41.7	5	18.0
3	Sri Lanka	28.8	3	46.4	7	12.8
4	Lithuania	28.2	2	51.0	29	8.4
5	Suriname	27.8	4	44.5	11	11.9
6	Mozambique	27.4	8	34.2	2	21.1
7	Tanzania	24.9	13	31.6	4	18.3
7	Nepal	24.9	17	30.1	3	20.0
9	Kazakhstan	23.8	6	40.6	21	9.3

Ranking by the World Health Organization

After the dissolution of the Soviet Union, it rose steadily to 29.2 in 2000 and slowly declined to 25.6 in 2008 and 23.8 in 2012 [14]. Though suicide rate has a tendency to decrease, it is still double of average suicide rate in the world. In accordance with the poll among 20 Kazakhstani people at the age of 20 to 50 regardless of sex and occupation, 55% of them are disturbed by work and education, 20% have family issues, 25% named other various reasons. 35% manages stress problem by hobby activities, 25% spend time with family and friends, 20% take antidepressants or do not fight stress at all, others find relax in work or studies. For 95% of the polled suicide is not an allowed action to do. 100% thinks that the main reason of high suicide rates is country's poor social welfare system. It may be seen that the number of Kazakhstani people who don't fight stress at all or fight it, using methods, which may be injurious to health, such as taking antidepressants, is higher than in South Korea. According to the poll, while even old people are engaged in hobbies and sport activities, such as hiking, mountain climbing, riding a bicycle, in South Korea, Kazakhstani people do not pay due attention to hobby activities and sports. It means that Kazakhstan needs to enhance

a propaganda of healthy lifestyle, because health propaganda may have a significant influence over people’s choices.

Suicide rates (per 100,000), by gender and age, Kazakhstan, 2008.



In accordance with the table above, same as in South Korea, suicide rates among men are almost four times higher than among women. Unlike South Korea, majority of suicide victims in Kazakhstan is consisted of young people under 19-20 years, what makes the country one of the leaders in suicide rates among young people worldwide. Official statistics show that 237 deaths of children and adolescents were recorded in 2010, and 260 in 2009 [16]. Kazakhstan has the highest incidence of suicides recorded among girls aged 15 to 19, and the second highest for boys, after Russia, according to the most recent report from the United Nations children’s agency UNICEF, covering Central and Eastern Europe and the former Soviet Union [16]. There are several factors behind such high rates of suicide among people of a young age, such as: getting bullied in schools; absence or loss of values; lack of family support or understanding; financial problems; exposure of minors to violent images on television.

Self-harm became the 5th leading cause of death in Kazakhstan [17]. Among the most affected regions are South and North Kazakhstan regions. Recognizing the growing problem the Government of Kazakhstan has taken a major step in implementing suicide prevention program. The Government acknowledged UNICEF’s technical expertise, and in December launched a phased suicide prevention activities specifically

targeting children and adolescent to be conducted as part of the National Action Plan for 2015-2020 on strengthening family relations, moral-ethical and spiritual values with support of UNICEF. Due to UNICEF, the assessment of suicide prevention in two Kazakhstan regions deepened understanding on ways to decrease suicide rates and demonstrated proven strategies in effective prevention of adolescents' suicidal behavior. The youth resource center's organizational framework and youth policy indicators developed for East Kazakhstan region provided Members of Parliament with youth-centered and results-based approaches in implementation of youth policy at subnational and community level. An UNICEF-proposed methodology on suicide prevention among adolescents was applied in Kyzylorda and is likely to have contributed principally to a significant reduction in adolescent suicides in the region, equivalent to a five-fold decrease [16]. Psychological and social counseling center, including psychiatrists and sociologists was created at Astana Health Department. Nowadays, Kazakhstani government blocks all websites, which spread the information about methods of committing suicide. Helplines, children's advice bureaus and 14 crisis centers offering psychological help have existed for some time. But more work needs to be done to make possible suicide victims aware of these opportunities to get help and advice.

After the declaration of its independence South Korea had concentrated on economical development, which led to the 'Miracle on the Han river' in only 50 years. Unprecedented speed of development intensified problems like alcoholism, suicide, corruption and other issues that appear in every country around the world during the development process. Suicide problem is observed to grow in every developing country, Kazakhstan being one of them. Consequently, it's an issue not only of two countries, but of the whole of humanity. 100% of the polled South Koreans were well aware of country's high suicide rates. In contrast, only 20% of Kazakhstani people knew about the existence of Kazakhstan's suicide problem. It can be concluded that although some minor measures taken, there is no great attention to the problem in Kazakhstan as it should be.

Overall, the following conclusion may be drawn in this paper. Suicide does not just occur in low-income countries, but it is a global phenomenon in all regions of the world. It is a serious public health problem; however, suicides are preventable with timely, evidence-based and often low-cost interventions. In accordance with WHO, prevention measures include:

- reducing access to the means of suicide (e.g. pesticides, firearms, certain medications);
- reporting by media in a responsible way;
- introducing alcohol policies to reduce the harmful use of alcohol;
- early identification, treatment and care of people with mental and substance use disorders, chronic pain and acute emotional distress;

- training of non-specialized health workers in the assessment and management of suicidal behavior;
- follow-up care for people who attempted suicide and provision of community support.

The effectiveness of the aforementioned measures was proved by Finland, which was the first country to develop a national suicide prevention strategy [19]. The Finnish strategy was implemented in four stages, commencing with a comprehensive analysis of 1,397 suicides to identify appropriate target groups and issues. Then the country incorporated improved detection and treatment of mental illness as a core feature of the strategy, with a particular emphasis on depression. Reducing access to lethal means, improved reporting of suicide in the media, school-based programs, treatment of drug and alcohol misuse, enhanced access to mental health services, and training for professionals were the main components of the Finnish strategy.

As Director-General of The World Health Organization Margaret Chan stated, the burden of suicide does not weigh solely on the health sector; it has multiple impacts on many sectors and on society as a whole. Thus, to start a successful journey towards the prevention of suicide, countries should employ a multisector approach that addresses suicide in a comprehensive manner, bringing together the different sectors and stakeholders most relevant to each context. The strategy should be tailored to each country's cultural and social context, allocating resources for achieving both short-to-medium and long-term objectives. There should be effective planning, and the strategy should be regularly evaluated, with evaluation findings feeding into future planning. Just like South Korea elaborated an effective national strategy, Kazakhstan has to raise community awareness by improving surveillance and the quality of psychological treatment. Also, the country should create an unique suicide prevention strategy at state level, which would coordinate the work of all concerned ministries and agencies. Every school should be monitored by a professional psychologist. In order to provide such professionals, there is a need to develop training and retraining programs with a participation of specialists from UNICEF, WHO and other health organizations and institutions.

As member states of UNICEF and WHO, it is desired that both South Korean and Kazakhstani government will elaborate and improve national suicide prevention strategies and assist those who are deprived and vulnerable with a help and instructions from above-mentioned organizations.

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Б.Ж. ЖАКСЫБЕКОВА

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ПРАВОВАЯ ПРИРОДА УСЛОВНОГО ОСУЖДЕНИЯ

Правильное определение юридической природы условного осуждения имеет достаточно высокое практическое и теоретическое значение.

Условное осуждение – сложный институт, который включает в себя признаки и свойства, присущие некоторым другим институтам уголовного права.

Ключевые слова: условное осуждение, правовая природа, наказание, пробация.

ШАРТТЫ ТҮРДЕ СОТТАУДЫҢ ҚҰҚЫҚТЫҚ НЕГІЗІ

Шартты түрде соттаудың құқықтық мәнін анықтау практикалық және теория жүзінде өте маңызды болып табылады. Шартты түрде соттау өзге институттарға тиісті