

# KAZGUU LIBERAL ARTS DIGEST

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“KLAD” is a student journal first published at M. Narikbayev Kazguu University School of liberal arts. This journal is aimed at enhancing students' involvement into science and research.



## INFORMATION ABOUT THE JOURNAL

“KLAD” is a student journal first published at M. Narikbayev Kazguu University School of liberal arts. This journal is aimed at enhancing students’ involvement into science and research.

«KLAD” journal admits for publication various types of articles: original research, review articles, short reports or essays, reflections, case studies, methodologies and cases in english; containing the results of fundamental and applied research in the field of philosophy and identity, history of kazakhstan, pedagogy, linguistics and methods of teaching languages, translation, and tourism.

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The background features a dark blue gradient with intricate white wavy lines that create a sense of depth and movement. Overlaid on these lines are several large, flowing, organic shapes in vibrant colors: yellow, orange, and purple. These shapes appear to be layered, with some in the foreground and others receding into the background, creating a dynamic and abstract composition.

PART 03

KAZGUU LIBERAL ARTS DIGEST  
ESSAYS



## HOW TO PREVENT THE HIGH NUMBER OF SUICIDES AMONG YOUNG PEOPLE STRUGGLING WITH THE UNT EXAM FAILURE?

KAPPASSOVA DINARA

According to the «World Health Organization», Kazakhstan belongs to the group of countries with a high suicide rate, where suicide is the leading cause of death. Studies suggest that the average suicide rate per 100,000 people is 26.9, which is considered a critical level by the WHO scale (Paragraph, 2012). The failures in UNT are the main reasons for committing self-killing in the Central Asian country. The same issue can be seen in the research carried out by CHOSON (2011) in Korea, in which 53.4 percent of participants pointed out that the frequent reason for committing suicide was low exam marks and pressure from studying. Every year Kazakhstani students of different educational organizations pass the decisive final Exam, (Unified National Test) UNT. For high school students, passing the Exam is considered the only way to get a state grant by showing parents that they can use their knowledge to enter the university of their dreams.

Nevertheless, a considerable number of students may still fail the Exam. The realization that they did not get a better score and succeed in the Exam could result in many regretful thoughts. Consequently, some of the pupils, unwilling to handle this struggle and cope with the emotional pressure, choose to commit suicide, assuming it would be the best option to ease their minds. Such behavior turned into a large-scale issue for the community. To be more precise, not being able to pass the

Exam successfully triggers various mental conditions during which a student feels helpless and becomes vulnerable to any criticism. A student pressured by parents can aggravate this condition even more during that period. Parents keep aggressively motivating a child to get a better score while not seeing how hard it can be for another. Thus, it's necessary to properly treat students from stressful situations resulting from the UNT failures. Alternatively, the best option will be to incorporate new measures. The Kazakhstani government and all citizens, especially the adults, should pay special attention to what it is like to be in place of a student preparing for the Exam.

Therefore, the solutions are divided into two directions viewed from the political and social perspectives. The political contribution of the government includes changes in the system of distributing awareness. This means that the state should consider the drawbacks of the current education sector. In comparison, the actions from the social point of view involve the responsibilities of society. Social interference encourages parents to avoid harsh motivational language and aims to provide better psychological consultations.

First, the substantial problem and cause of suicidal behavior hide under the educational system, which the government constructs. What matters to the education system is not the unique soul of the student, and not even its creative individual personality or intellect,

but correct answers to common questions (Shevtsova, 2016). This knowledge makes high school students depressed, thinking they should follow strict rules on how to prepare and what to study to succeed on exams. It means that the only thing that a student is capable of is preparing in compliance with the requirements of the government. Due to this, students get under the influence of extreme thoughts that everything they do is not their individual choice, but the system decides what to prepare for. In addition, the entire school environment implanted the idea that exams are not a natural stage of learning but the greater goal of life. For that reason, students who fail the final Exam feel lost entirely, leading to a fallacious sense of direction about the future (Bell, 2001). Correctly speaking, no opportunities or goals can cause many confusing thoughts about the future and the purpose of living. Ultimately, an adolescent has no other choice but to commit suicide. As an illustration, South Korea can be taken as a model, in which plenty of students think about taking their own lives due to failing the Exam named «수능» (similar to UNT). Although compared with the Kazakhstani Exam, the Korean one takes about eight hours to complete, increasing pressure on a student. Yonhap Agency's (2021) survey showed that nearly one out of three middle and high school students felt suicidal due to poor academic performance in Korea.

Another cause resulting in suicidal behavior is related to society's incapacity to keep a student motivated and, at the same time, less suppressed. In truth, the social environment plays a significant role in the mental health of a teenager. Meaning that the way people communicate with a student affects the academic performance and the student's attitude in life. The more positive interactions a student has the less probability of experiencing suicidal thoughts. Hence, it is reasonable to ensure that the student's environment is supportive enough, which allows a pupil to feel confident and not restless.

As stated earlier, two kinds of solutions can be executed by the government and society of Kazakhstan. First and foremost, the base of the measures is spreading awareness about the concern over suicide. It has been found that the more people talk about suicidal behavior, the more reluctantly they think about the negative outcome (Wasserman, 2014). The government can apply the following solutions by implementing primary conditions for exterminating suicide. Starting from the first solution, it would be proper to explain what can be done by governmental interference. It is known that not all students can afford to attend courses or buy materials for the Exam. Therefore, instead of spending many material resources on exam procedures, like cameras, inspection, and security, it is better to use that money to financially assist high school students, providing them with all necessary equipment for preparation (Shevtsova, 2016). The given measure has effective results since a considerable number of students committing suicide are coming from underprivileged families who cannot pay for some needs. This system is progressively used in many aspects of living. For instance, several benefits, like being exempt from paying taxes and state duties, are given to large families, disabled people, etc., since they most need financial help.

The second solution is the social support of the neighborhood, which implies that the inner condition of a student should be positively affected by the surrounding. To successfully finish this task, the schools and parents should be ensured of a student's intentions. One of the feasible actions is to hold psychological consultations with a student while preparing for the UNT exam. Together with a psychologist, they reflect on the student's future, prioritize life goals, and think about what needs to be done now to move along the chosen path (Yaylaci, 2015). By doing so, schools help their students to deal with teenage crises, like fear of the future, uncertainty, loss of motivation, and willingness to contribute to the well-being of

a future.

Indeed, not only students themselves must be involved in honest conversations, but the initiative from the side of teachers and parents should also be taken. As an example, teachers can help relieve the suicidal thoughts of their students by learning from the psychologist how to organize children's education without burdening their mental health. The individual study approach for each student helps to understand the feelings and worries that a student possesses. On the other hand, parents with whom a pupil spends most of the time must also be considered, as they are a primary source of support and education for a child (Lysenko, 2012).

Bearing everything in mind, suicidal behavior is quite a common phenomenon in all parts of the world, especially seen among the young population. Numerous reasons drive such behavior in the society of Kazakhstan. Nevertheless, failures in UNT are still the most frequent cause despite many other factors. According to Kazakhstan's context, by implementing two solutions seen from the point of government and society, it is possible to preserve the children from committing suicide. The given measures are to support the future of our country since teenagers are considered a new source of power and thinking that will develop Kazakhstan in a short time. That is why the Kazakhstani society should be cautious of what is happening with their children and guide them to combat the hindrances of being a teenager.

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