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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.

«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.

CONTENTS

Academically successful sophomores who struggle with procrastination at KAZGUU University	7
Anelya Abildina, Daiana Abylkas, Dayana Bakirova	
Supervisor: Roza Sagitova	
Diachronic corpus analysis of Russia-Ukrainian conflict	13
Kalidolda Yernur	
Supervisor: Anar Ibrayeva	
Semantic Change in the English Language	22
Daiana E. Abylkas	
Supervisor: Anar Baizhanova	
Lexical Features of New-Zealand English	28
Salauatova Alina	
Supervisor: Anar Baizhanova	
Linguistic features of headlines in the English press	33
Sabina Sameeva	
Supervisor: Anar Baizhanova	
Gender peculiarities of the use of the Russian language in verbal communication between male and female	41
Kussainova Zarina	
Supervisor: Anar Ibrayeva	
Translation Strategies of Humor in Subtitling	48
Rakhimzhanova Sabina	
Evaluate the advantages and disadvantages of innovative teaching and learning methodologies in higher education institutions and analyze which are the most effective	58
Gyunay Zhakenova	
Supervisor: Yelena Yemelyanova	
UNT as the main reason to commit suicide among adolescents in Kazakhstan; ways to prevent it	61
Arina Yepifantseva	
Supervisor: Yelena Yemelyanova	

Preventing suicide in Kazakhstan: measures and facts	64
Kristina Assotova	
Supervisor: Yelena Yemelyanova	
How to Prevent Violence Against Women	67
Assylbek Nuray	
Supervisor: Yelena Yemelyanova	
Fake News - False Information Passed off as Factual - is an Effective Weapon in the Information Age	70
Baizov Alikhan	
Supervisor: Yelena Yemelyanova	
The development of a “virtual autism” among children: problems and solutions	73
Dariya Beisembina	
Supervisor: Imanzhanova Dinara	
Deepfake as a disinformation tool in 21st century	76
Kaiyrzhan Togzhan	
Supervisor: Yelena Yemelyanova	
What measures could be taken to prevent fake news dissemination?	80
Kazi Venera	
Supervisor: Yelena Yemelyanova	
Each president should be elected only once	84
Koltsov Konstantin	
Supervisor: Yelena Yemelyanova	
Violence Against Women in Kazakhstan	87
Orazbayeva Aruzhan	
Supervisor: Yelena Yemelyanova	
The UNT is the reason for suicide in Kazakhstan	91
Pshembayeva Dolores	
Supervisor: Yelena Yemelyanova	
Domestic violence against women	95
Samarbayeva Leila	
Supervisor: Yelena Yemelyanova	
KAZGUU Liberal Arts Digest	98



PART 03

KAZGUU LIBERAL ARTS DIGEST
ESSAYS



UNT AS THE MAIN REASON TO COMMIT SUICIDE AMONG ADOLESCENTS IN KAZAKHSTAN; WAYS TO PREVENT IT

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Among the most popular fatality reasons as cancer, cardiovascular diseases, and suicide taking third place on the list, which makes the problem significant and relevant today (Abil et al., 2016). Abramova (2011) claims that 20% of the world's suicides are committed by teenagers, as cited in (Abil et al., 2016). Considering this issue in Kazakhstan, yearly, 12 teenagers decide to end their lives. Furthermore, thoughts about abnormal death are valid for every second adolescent, approximately (Li et.al., 2019, p. 117). Suicides in Kazakhstan are treated as brutal crimes and examined as criminal proceedings by prosecutors (Yeskendir et al., 2023, p. 135). Looking at the reasons for self-murder, the process of UNT examination plays a large role for juveniles after graduation, who can also be easily affected by their failure and commit self-murdering because of not knowing about the alternative solutions.

Family has an important role in the life of Kazakhstani society; the traditions and customs are handed down from one generation to another, which may be expressed in established beliefs and stereotypes in the heads of the young generation. The attitude of family members towards teenagers affects their perception of themselves and their further decisions. On the example of suicidal behavior, after committing non-fatal suicide, the survivors often reject any involvement of relatives as they are scared of their reaction in a

form of repudiation. The family, in turn, considers the attempt of self-murdering as a coincidence for fear of shame (Haarr, n.d., p. 6). Parents may influence on the level of importance of such events as The Unified National Test (UNT) for their kids, as well. For most graduates, UNT is a "golden ticket" to a happy life since getting a degree is associated with better job positions and higher social rank (Uulu & Smagulov, 2016, p. 3177). Most parents endorse this way of thinking, not suggesting alternatives. With such mindset, failing the examination can become a final straw for committing suicide as the only solution.

In some studies, it was noted that suicide rates in rural areas are more frequent, rather than in urban ones, which might be associated with social exclusion and lower availability of medical care and education (Krug et al., 2002, p. 196). In addition, in Kazakhstan, the UNT results in the countryside are generally lower at 6.8% than in the cities (Uulu & Smagulov, 2016, p. 3182). Consequently, high rates of suicides and lower indicators of the examination results might be connected. It is important to note that not only is there a deficiency of specialists in the area of mental health in the country, but this small number is unequally distributed among rural and urban areas, which influences the timely detection of mental disorders among the populace (Yeskendir et al., 2023, p. 138).

Remarkably, the students who commit self-murdering are often the ones who did not get the grant, but not those who did not pass the requirements, according to President of the Psychological Association Zubayda Kenenbayeva (Bagaeva, 2012, p. 18). For instance, a girl named Saltanat from the city of Uralsk killed herself in 2010; her parents are sure the reason lay in the examination results. Saltanat did not reach four points for a grant and a few days later, committed suicide. A more recent occasion took place in Aktobe in 2015; Leila ended her life and left a letter in which it was mentioned that the girl did not want to be a financial burden to her parents if she could not pass successfully to study for free (“Samye gromkiye samoubiystva iz-za YENT v Kazakhstane”, 2017).

One of the solutions may be receiving paid higher education. Even those who have not reached the threshold of 50 points can study on a commercial basis, provided that they retake exams while studying at the university. Commercialization of higher education has become a reason for increasing the number of universities and becoming one of the industries in business (Uulu & Smagulov, 2016, p. 3177). Moreover, some institutions promote the opportunity of studying without the UNT and make it their feature, as in the example of KAZGUU. It is beneficial for both sides because, with the help of this money, institutions have an opportunity to provide students with good studying conditions and hire more experienced professors while advertising the university.

Nevertheless, this solution has some controversial points. First of all, for entrants, who did not fulfill the requirements for university admission, it will be challenging to deal with the studying program. Moreover, they will be inefficient for economic growth. It follows that affordability has increased the unemployment rate of people with diplomas (Uulu & Smagulov, 2016, p. 3178). Consequently, this solution will apply only to those who did reach the requirements, but the medium score of graduates does not

outstrip 60% (Uulu & Smagulov, 2016), this is a low indicator, which signals a low level of relevance of this resolving.

The more efficient solution might be taking a gap year. A gap year is a break between graduating from school and entering the university, taken by adolescents. Meaningful time spending differentiates a gap year from a simple break (Coetzee & Bester, n.d., p. 608), such as working, volunteering, self-studying, and acquiring new skills. A year off from studying in an institution - is beneficial: for a student and society. One has a chance to earn money for further studying, gain real-life experience, and become more mature and independent. Their contribution to society lies in volunteering. Institutions note the value and necessity of volunteers for the enterprises in which they operate. Jones (2004) explains an example of volunteering in practice “VSO’s ‘Youth for Development’ scheme sends young people on structured and supported placements overseas where upon return they are required to undertake educational projects in schools or with disabled people on overseas development (VSO 2004)” (p. 56-57).

Summing up, the problem of suicides from the UNT examination has become significant for Kazakhstan in recent years, as most of the graduates could not reach the requirements and do not get support from their families. Unsatisfying results might trigger some teenagers to commit self-murder, which can be prevented by alternative solutions, from which the most advantageous is taking a gap year and therefore give benefit to the ones who took it and to society through volunteering.

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