

BÖLÜM 3

İntihar Davranışını Açıklayan İkinci Nesil Kuramlar

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GİRİŞ

İntihar, her yıl 800.000'den fazla kişinin hayatına mal olan dünya çapında önde gelen bir ölüm nedenidir (1). Klinik uygulamada intiharın değerlendirilmesi, yönetimi ve tedavisinin bir klinisyen için en zorlu ve stresli görevlerden biri olduğu kabul edilmektedir. İntihar düşüncesine ve girişimlerine yol açan faktörleri belirlemek ve müdahale noktalarını aydınlatmak için intihar araştırmalarının teorik çerçevelerinin kullanılması çok önemlidir (2). Yirmi birinci yüzyılın başına kadar intihar davranışı ve oluşumunu açıklamada birçok farklı kuram öne sürülmüştür. Durkheim ve Freud'un öncü çalışmalarının sonucu olarak, teorisyenler intiharın biyolojik, sosyal ve psikolojik doğasını açıklamaya çalıştılar. Psikanalitik Kuram, Ruhsal Kuram, Umutsuzluk Kuramı ve Kaçış Kuramı gibi kuramlar birinci nesil kuramlardır. Diğer taraftan 2000'li yıllardan sonra intihar davranışını risk faktörleri ile ele alan çağdaş psikolojik kuramlar dikkati çekmiştir. Bu kuramlar, daha yakın zamanda ortaya konulduğu için ikinci nesil kuramlar olarak adlandırılmıştır. Daha yeni olan bu kuramlar; intihar düşüncesinin gelişmesine yol açan faktörlerin, intihar girişimi veya kişinin intihar ederek ölmesi gibi davranışsal ilkelere farklı olduğunu varsaymaktadır (3,4). Bu bölümde intihar davranışını açıklayan "ikinci nesil psikolojik kuramlar" olarak adlandırılacak Kişiler Arası

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ramlara göre, intihar düşüncesinin gelişimi ve intihar arzusundan girişime geçiş, farklı açıklamaları olan farklı süreçlerdir. Umutsuzluk ve intihar edebilirlik kuramların ortak noktasıdır. Ek olarak, bu kuramlar yaşamda görünen, zamanla değişen ve intihara yakınlığa dinamik risk faktörlerine ve risk değerlendirmesine odaklanmıştır. KAİK ile ilgili daha kapsamlı bir literatür mevcutken, diğer kuramlar için kanıtlar birikmeye devam etmektedir. Mevcut kanıtlara dayanarak yapılabilecek üç çıkarım şöyledir: İlk olarak, intihar yeteneği, intihar girişiminde bulunanları, intihar niyeti olan ve girişimde bulunmamış olanlardan anlamlı bir şekilde ayırt etmektedir. Bu cesaret verici bulgu, KAİK, BĞİ ve Üç Aşamalı İntihar Kuramı ile büyük ölçüde tutarlıdır. İkincisi, Üç Aşamalı İntihar Kuramı ile tutarlı olarak biriken kanıtlar, acı ve umutsuzluğun intihar arzusunu diğer faktörlerden daha fazla tetiklediğini göstermektedir. Üçüncüsü, diğer kuramlarla büyük ölçüde uyumlu olan DYK, intihar düşüncesi ve girişimlerinin doğrusal olmayan zaman sürecini açıklamak için iyi bir bakış açısına sahip olabilir. İntiharın düşünceden eyleme geçiş kuramlarını daha fazla değerlendirmek ve detaylandırmak için saatler, günler, haftalar, aylar gibi çeşitli zaman dilimlerinde kesitsel ve boylamsal araştırmalar gerekmektedir (62).

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