

enables a person to exercise their will to improve the quality of life in the state after being elected to the legislature. On the other hand, it enables people to elect worthy representatives, for example, to the Verkhovna Rada of Ukraine, the legislature which creates rules and norms for our life.

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TERNOPIL NATIONAL ECONOMIC UNIVERSITY DRIVING TO SUICIDE (FROM BULLYING AND ABUSE)

Driving to suicide does not literally mean getting into a car and driving one’s self to death (it is important to note that ‘Death Drive’ is different from driving to suicide). Suicide is the simply taking of one’s life. Suicide

itself is not a mental illness, although it can be caused by mental illness like severe depression.

So, what exactly is driving to suicide? This could be suicide caused by external factors such as, domestic violence, abuse, etc, by a person (perpetrator) against another (victim). The number of people who commit suicide every year is on the rise. Close to 800,000 people die due to suicide every year which is, one person, every 40 seconds. When a person commits suicide, most people think he/she must have been sick mentally or depressed. Although these are also things that can lead to taking one's life but the real picture in most cases is something cruel, cold, and vicious. As humans, naturally we all want the good things of life, the perfect family, job, relationship, and so on. When a person has all of these, it is assumed that he/she has a wonderful life. So, in cases where the ones who took their life has this so called 'Perfect' life commits suicide, people tend to have a hard time believing it.

The paper will be focused on the two reasons that could lead a person to commit suicide, which are, Bullying and Abuse.

BULLYING

Most of the time when we hear the word 'bullying', we think of physical abuse like hitting or kicking someone, making them do things they don't want to do and forcefully taking their things without permission. Yes, all of these could be rightly said to be bullying but it does not end there. Bullying is not limited to the physical. It can be by words-constantly insulting a person with his/her shortcomings, saying slanderous, derogatory and awful things to or about them, public disgrace, like embarrassing and humiliating a person, etc. Additionally, there is phenomenon called Cyber Bullying. This is a form of bullying, threat or harassment that happens on the internet through the use of social media, websites, comment sections, blogs that aim to ruin a person's life and reputation. Cyber bullying could also be posting things (videos) online, that could pose as threat to a person's life and tarnish their image. When a person's reputation is ruined and their privacy exposed online, they feel like it is the end of the world and find their situation to be helpless. They resort to suicide as a means of escaping the torturous reality. Bullying is a really serious issue that could lead to grave consequences on the bullied and can result to having low self-

esteem, self-doubt, self-hate, suicidal thoughts, in severe cases, victims commit suicide.

ABUSE

There various forms and types of abuse. It could be Physical or Mental abuse.

PHYSICAL ABUSE

Domestic violence (also named **domestic abuse** or **family violence**) is violence or other abuse by one person against another in a domestic setting, such as in marriage or cohabitation. It may be termed *intimate partner violence* when committed by a spouse or partner in an intimate relationship against the other spouse or partner, and can take place in heterosexual or same-sex relationships, or between former spouses or partners. Domestic violence can also involve violence against children, parents, or the elderly. Domestic violence can be physical or psychological, and it can affect anyone of any age, gender, race, or sexual orientation. It may include behaviors meant to scare, physically harm, or control a partner. While every relationship is different, domestic violence generally involves an unequal power dynamic in which one partner tries to assert control over the other in a variety of ways. Globally, the victims of domestic violence are overwhelmingly women. Also, women tend to experience severe forms of violence. Although, domestic violence is not limited to women, men could also be victims, anyone could. In some countries this act is justifiable. The woman is always at fault when her husband/partner hits or abuses her, the man is not taken seriously because he is masculine, therefore should be able to have control over whosoever his abuser is.

Domestic violence is said to be one of the most under reported crimes in the world. In most cases, victims are unable to make a report because there is something holding them back, not having a chance at justice, people wouldn't believe whatever they say or they simply cannot. Continuous abuse and use of violence a person can lead to a series of problem, physically, emotionally and psychologically. Depression is also very common among victims, as they feel guilty for provoking the abuse. It gets to a stage when victims feel they've had enough and choose to commit suicide to end their suffering.

Sexual abuse is sexual behavior or a sexual act forced upon a woman, man or child without their consent. Sexual abuse, also referred to

as molestation, is usually undesired sexual behavior by one person upon another. It is often perpetrated using force or by taking advantage of another. When force is immediate, of short duration, or infrequent, it is called sexual assault. The offender is referred to as a sexual abuser or (often pejoratively) molester. The term also covers any behavior by an adult or older adolescent towards a child to stimulate any of the involved sexually. The use of a child, or other individuals younger than the age of consent, for sexual stimulation is referred to as child sexual abuse or statutory rape. Sexual abuse is an act of violence which the attacker uses against someone they perceive as weaker than them. It does not come from an uncontrollable sex drive, but is a crime committed deliberately with the goal of controlling and humiliating the victim. Most victims of sexual violence are women – a fact that reflects their social stance even today, in the 21st century, as inferior to men. Sexual violence is another means of oppressing women in a patriarchal society.

Sexual violence is a social phenomenon that exists in every society that accepts aggressive behavior and gender inequality, Egypt and Israel are among them. Thousands of women turn to the rape crisis centers for help after an attack, and the statistics show that 1 in 3 women will be sexually abused during their lifetime. There are grave consequences that come from sexual abuse on its victims, e.g, depression, having flashbacks of the incident, post traumatic stress disorder (PTSD), eating disorder, disassociation, substance abuse, risk of having sexually transmitted diseases, unwanted pregnancy, self-harm, suicidal thoughts, in severe situations victims commit suicide in order to let go of the pain.

MENTAL ABUSE

Emotional/Psychological abuse - Psychological abuse is a form of abuse, characterized by a person subjecting or exposing another person to behavior that may result in psychological trauma, including anxiety, chronic depression, or post-traumatic stress disorder. It is often associated with situations of power imbalance in abusive relationships, and may include bullying, gaslighting, and abuse in the workplace. It also may be perpetrated by persons conducting torture, other violence, acute or prolonged human rights abuse, particularly without legal redress such as detention without trial, false accusations, false convictions and extreme defamation such as where perpetrated by state and media.

Emotional abuse is any kind of abuse that is emotional rather than physical in nature. It can include anything from verbal abuse and constant criticism to more subtle tactics such as intimidation, manipulation, and refusal to ever be pleased. Emotional abuse can take many forms. Three general patterns of abusive behavior include aggressing, denying, and minimizing"; "Withholding is another form of denying. Withholding includes refusing to listen, refusing to communicate, and emotionally withdrawing as punishment." Even though there is no established definition for emotional abuse, emotional abuse can possess a definition beyond verbal and psychological abuse. Blaming, shaming, and name calling are a few identifiers of verbal abuse which can affect a victim emotionally. The victim's self-worth and emotional well-being are altered and even diminished by the verbal abuse, and the result is an emotionally abused victim.

The victim may experience severe psychological effects. This would involve the tactics of brainwashing, which can fall under psychological abuse as well, but emotional abuse consists of the manipulation of the victim's emotions. The victim may feel their emotions are being affected by the abuser to such an extent that the victim may no longer recognize their own feelings regarding the issues the abuser is trying to control. The result is the victim's self-concept and independence are systematically taken away, followed by a feeling of worthlessness. Victims turn to substance abuse most of the time as a means of dealing with the pain but, when the substance (drugs-marijuana, weed, cocaine, heroin, etc. Alcohol) is no longer working for them or when they feel it is not enough, victim harm themselves, i.e. suicide.

Conclusions. There is no unserious form of bullying or abuse. When you treat people the way they do not like simply because it is fun for you, remember the consequences. You wouldn't want anyone to do that to you. Bullies sometimes hide behind the 'it is only for fun' banner or "I was just teasing him/her", but the question you should ask yourself is, "Is the person you are teasing laughing/happy about what you do them?" If no, you are a Bully and you should stop because fun should be mutual not one sided.

Also, as a friend, family, neighbor, stranger, parents, etc, we should pay attention to our loved ones and people around us. They might not open up to you about the situation, which is the reason why you should pay attention

and report the situation to the competent authority. It is so sad kids as young as 8, commit suicide due to bullying.

Finally, if there be anyone who is being abused, please do not keep it to yourself, talk to a trusted person about it and report to the responsible organization/authority. Victims would also need manage the situation through medical services, law enforcement, counseling, and other forms of prevention and intervention. Participants in domestic violence may require medical treatment, such as examination by a family physician, other primary care provider, or emergency room physicians.

Counseling is another means of managing the effects of domestic violence. For the victim of abuse, counseling may include an assessment of the presence, extent and types of abuse. A lethality assessment is a tool that can assist in determining the best course of treatment for a client, as well as helping the client to recognize dangerous behaviors and more subtle abuse in their relationship. In a study of victims of attempted domestic violence-related homicide, only about one-half of the participants recognized that their perpetrator was capable of killing them, as many domestic violence victims minimize the true seriousness of their situation. Another important component is safety planning, which allows the victim to plan for dangerous situations they may encounter, and is effective regardless of their decision on whether remain with their perpetrator.

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MEASURES TO ENSURE CRIMINAL PROCEEDINGS

Measures to ensure criminal proceedings – are measures provided by the procedural law, which may be compulsory and which are applied by authorized state bodies or officials on the grounds, in accordance with the procedure and in the conditions specified by the Criminal Procedure Code of Ukraine to individually determined participants in criminal proceedings