

FACTORS INFLUENCING THE FORMATION OF AGGRESSIVE BEHAVIOR IN ADOLESCENTS**Umarov T. M.***Specialist Scientific Research Department*

Abstract: Adolescence is a complex period of its own, and the observation of aggressive behavior in most of the representatives of this age group has become a natural state. will be The purpose of aggression is to inflict pain on the victim and to use aggression as a means to achieve other goals. The article describes the classification of aggressive behavior in adolescence, the possibilities of correction.

Keywords: Aggressive, Crisis, Aggression, stress. Aggressive behavior, Instinct.

The term aggression is derived from the Latin "aggređi" meaning "to attack". There are different approaches to the term "aggression" in psychology, and aggression is evaluated negatively by H. Delgado, A. A. Bass, L. M. Semenyuk, G. Parens, A. Bandura, R. Walters, Yu. Mozhginsky. In addition, there are positive approaches to aggression. In particular, L. Bender states that aggression is a person's desire to express himself.

In recent times, aggression and aggressive behavior have been observed among young people. The reason is that our youth are witnessing videos, materials, and events that are not characteristic of our different mentality and national values through the phone and social networks. Adults cannot control their behavior. Adolescence is recognized by scientists as the most difficult period, a period of crisis, a period of transition. In fact, it will be difficult to educate children who enter this period. They become stubborn, want to be recognized by others, romantic. Therefore, it is important to temporarily support the teenager, but over time, he should be allowed to be alone with his thoughts.

Aggressive behavior -an inhuman trait based on moral depravity of a person, aimed at derailing it by openly negatively influencing and attacking the inner world of management. The formation, strengthening and manifestation of aggressive behavior often occurs in connection with the social environment. Aggression directed at the person himself is called "autoaggression" (this condition serves as an indicator of pathological changes in the person). Suicide, self-harm are manifestations of autoaggression. Aggressive behavior is strong in people who are immersed in ignorance, who consider ignorance and violence as the main and priority means of achieving the goal.

The origin of aggressive behavior in adolescents is a very relevant issue. Based on the variety and depth of the manifestations of human aggression, it became clear that it is very useful to limit the conceptual framework proposed by D.Bass in the study of this behavior. According to him, aggressive actions can be described based on three scales. physical, verbal, active-passive and straight-curved teenagers, the origin of aggression, growing up without the affection of their father or mother in families and committing various crimes as a result of encountering injustice to be It is a pity that in some families, the relationship between parents and children is not in a positive psychological climate. Most parents, instead of approaching their children with feelings of care,

patience, and love, use force, especially physical punishment. In turn, such behavior is the basis for the formation of aggressive behavior in adolescents. Typical displays of aggression are: In the case of conflict, pressure, coercion, bad language, negative evaluation, aggression or physical force, the covert forms are avoidance of contact, indifference to the intention to harm someone, self-harm and suicide. is manifested in such things as doing. Aggression is defined as any form of behavior aimed at causing insult or harm to another living being when it does not want it. It requires that aggression be viewed not as an emotion, motive, or instruction, but as a pattern of behavior. This important point causes a lot of confusion. The term "aggression" is often associated with negative emotions such as anger, motivations such as insult and harm, and even racial and ethnic prejudice. Formation, strengthening and manifestation of aggressive behavior Formation, strengthening and manifestation of behavior often occurs in connection with the social environment. Aggression directed at the individual is called "autoaggression" (this condition serves as an indicator of pathological changes in the individual). Suicide, self-harm is a form of autoaggression. Some ideological centers in the West are showing their aggressive behavior by putting pressure on young developing countries in the world.

From the point of view of motivation, L. Bender divides aggression into voluntary and instrumental types.

Voluntary aggression is a deliberate act of harming another person.

In instrumental aggression, a person does not set himself the goal of harming another. This aggression occurs when there is no other way to solve the situation.

R. Beron and D. Richardson defined aggression as purposeful harm to the victim.

Reactive aggression- is carried out in order to protect one's life, freedom, pride, one's own or another's material wealth. Frustration of needs and desires is manifested: jealousy and selfishness; revenge; Loss of trust (in life, love, loved ones).

Compensatory aggression-violence, destructiveness to compensate for situations in which urgent needs that are important to him in life are not met:

Sadism(to subjugate others to one's judgment, will); necrophilia;
chronic boredom and depression.

Verbal aggression-expressing negative emotions through yelling, arguing, swearing, insults, threats and other methods. Responding to the slightest stimulus with rudeness, negativity, emotional agitation.

The main causes of aggression are:-alcohol abuse, as well as drugs that disrupt the nervous system, which lead to the development of an aggressive wrong response reaction to minor situations; - personal problems, unresolved personal life (lack of a life partner, feelings of loneliness, causal intimate problems, later turning into an aggressive state, appearing when talking about every problem);- mental stress acquired in childhood (neuroses acquired in childhood due to poor relations between parents).

A. Bandura and R. Walter studied the relationship of socialization between adolescents and their family conditions and distinguished three main characteristics that determine the child's behavior:

- his readiness to establish dependent (sex-personality) relationships;

- level of development of conscience;
- the strength of motivation in relation to aggression.

According to the authors, it is necessary for the family to create minimum conditions for effective socialization. The first basic condition is the support of attachment motivation, through which the child learns that he wants interest, attention and approval from those around him. The second necessary condition is the "pressure of socialization" in the form of successive demands and prohibitions (the condition of this situation is that the parents themselves distinguish social norms). On the contrary, bad forms of behavior are established in the family as a result of the frustration of the need for parental love, the use of constant punishment (its priority over methods of encouraging good behavior), the inappropriateness of the demands made by parents, the father -showing aggression by the mother.

Psychology identifies the following factors that influence the development of aggression: Instinct. Aggression affects a person's ability to survive in difficult environmental conditions, which helps to fight for their territory, fight for food resources, protect offspring and increase the gene pool. The energy of aggression is produced in the human body, gradually accumulates and eventually goes out. There is a certain line in each person's behavior for which there is enmity. Aggressiveness may also be a trait inherited from our hunter-gatherer ancestors. Naturally, such a nature can encourage destruction, violence and wars. In this case, we are talking about the inevitable development of aggression and the difficulties associated with its management. The influence of the example of adults. When a child grows up and sees the position of his father or mother in front of him, he begins to imitate them in the way he dresses and conducts a conversation. Imitation of aggressive behavior also occurs. If a child regularly sees his parents quarreling, yelling at each other, he believes that such behavior is normal. The wrong model for parents. When adults are too demanding of their baby, they blame him or directly say that the child was aggressive towards other children, that they know how to change, punish. A result of failure to fulfill oneself. When a person encounters any obstacle on the way to achieving what he wants, he creates aggression that can be arbitrarily directed at the environment and himself. And it is better if such behavior happens rarely.

Family situation. For example, children who grow up without a father or mother can be aggressive towards other people. Another option is large families, where there is conflict between brothers and sisters. Also, the ways in which parents punish their children for infractions are of great importance.

Psychocorrective work with adolescents with aggressive behavior.

a. Go to self-assessment, check security. teaching to understand one's own and other people's emotions and feelings, improving the control of discursive emotions; d. teaching methods of correcting anger that does not harm oneself and others, teaching constructive reactions in the child's behavior in problematic situations, and eliminating destructive means; e. consultation of parents with pedagogues (to determine the device that exaggerates aggression in children).

Summary. Thus, aggressive behavior has become a normal phenomenon for children and adolescents. In addition, aggressive behavior performs a number of basic functions in the process of socialization of a person. In accordance with the norm, it saves from fear, helps to protect one's

interests, protects from external danger, helps to adapt. In this regard, one can think about two types of aggression: good-quality adaptive and destructive - maladaptive. In general, for the development of the personality of a child and a teenager, aggressive demonstrations themselves are not so dangerous, but their results and the wrong reaction of those around them are dangerous. If violence gives attention, dominance, recognition, money, other rights, children and adolescents can develop a behavior based on the dominance of power, which can form the basis of social activity of adults as well (for example, in criminal groups). The desire of those around to suppress aggression by force can lead to the opposite result, not the expected result.

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