

The Appearance of Aggressive Behavior in Adolescents and its Prevention

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Article Information

Received: April 13, 2023

Accepted: May 14, 2023

Published: June 15, 2023

Keywords: family, aggression, personal education, psychological factor, suppression of aggression, physical aggression, verbal aggression, direct and indirect aggression.

ABSTRACT

This article focuses on the style of relations between parents and children in the family as one of the main causes of aggression in adolescents. The definitions given by domestic and foreign scientists to the concept of aggressiveness are analyzed. Factors and causes of aggression in adolescents are analyzed from several aspects, while conclusions are drawn about the prevention and elimination of aggression in adolescents.

Introduction.

The problem of aggression and its prevention is one of the most urgent issues for today's modern society. Today, the problem of adolescent aggression is of serious concern to parents, teachers, and especially psychologists. Aggressiveness is a negative factor in the formation of the personality of every teenager. Especially sharp manifestation of behavioral deviations is observed during adolescence. The causes of such deviations in behavior can be unhealthy family environment, neglect of teachers, negative influence of mass media, deterioration of social lifestyle and others. But one of the main reasons is the relationship style between parents and children in the family. Many experts believe that one of the main reasons for the aggressiveness of teenagers is mistakes and shortcomings in family upbringing. It is the behavior of a child who has stepped into adult life in society that largely depends on the upbringing he received in the family.

The family and the education carried out in it serve as a bridge for the child's transition from one age to another. Parents start building this bridge from their child's early childhood. The stronger this bridge is, the faster and easier the child will overcome the difficulties of adolescence. Each age has its own characteristics and challenges. Adolescence is no exception. This period is a transitional period characterized by a number of physiological changes. Intensive development of a person, his rebirth takes place during adolescence.

Analysis of literature on the topic.

Since the middle of the last century, active research has been conducted on the study of aggressive behavior of teenagers. The number of deviant teenagers who show antisocial behavior and aggression in various forms is growing year by year. In Western psychology, the subject of aggressive behavior has always been observed and studied by scientists, and many theoretical concepts and researches have been conducted in this regard. In particular, R. Beron, N. M. Platonova, B. Kreikhi, V. G. Stepanov, G. P. Bochkareva, E. V. Kupriyanchuk, A. A. Rean, A. I. Antonov, K. Lorentz and many other famous people have conducted scientific research on the topic of aggressive behavior. Psychologists of our republic such as G.B.Shoumarov, E.G.Ghoziyev, B.M.Umarov, N.G.Komilova, G.Q.Tolaganova, N.M.Dalimova, F.F.Rasulova focused on deviants in the research of childhood and adolescent psyche and conducted studies. Behavior, personality disorder, child and adolescent suicide, self-esteem and control problems.

Different forms of aggression are shown in child psychology. These are not only fights and conflicts between peers, but also rudeness, cruelty, self-harm, demonstrative behavior, etc. In order to form adequate behavior among young people and resolve conflicts positively it is necessary to reduce the level of aggressiveness of teenagers [1].

Parents of teenagers play a big role in solving this problem, but in many cases they do not understand that the appearance of aggression depends largely on the style of family relationships. We all know that during adolescence, problems often arise in the relationship between children and parents. Adolescence is a difficult time when parents can easily lose touch with their children [2]. Parents are required to wait for this period with minimal losses. Parents who use harsh punishments and do not monitor their children's behavior may find that their children are aggressive and disobedient.

Research methodology.

Aggression refers to harmful behavior ranging from cruel pranks to murder. L.M. Semenyuk distinguishes the following interpretation of this concept:

First, aggression means strong activity, striving for self-affirmation. Second, aggression refers to hostile actions and reactions, attack, destruction, use of force in an attempt to harm another person, object or society [3].

Many psychologists have divided adolescent aggression into several groups according to the degree of its manifestation:

Physical aggression is a direct physical attack, an attempt to harm, hitting with a fist or a weapon, throwing objects with the intention of causing bodily harm.

Direct verbal aggression is any form of aggression, including interaction and overt aggression or disobedience.

Indirect aggression - includes less visible forms of verbal aggression, such as slander, refusing a request to hurt the addressee, and inciting aggression from others.

As we mentioned above, one of the reasons for adolescent aggression is the nature of family relationships. Children's aggressiveness mainly finds its solution in the family environment, because the family plays the role of the main social environment for the child. Psychologists such as L.I. Bozhovich, V.S. Mukhina, L.S. Vygotsky, G.P. Bochkaryova, A.E. Lichko emphasize that the harmony of family relations is important for the proper development of the child's personality. The family will have a decisive role in this. It is here that moral norms and rules, joint activity skills, worldview, values, life plans and ideals are formed in the process of interaction and interaction of spouses, parents and children.

It is known that society consists of families, and there are no identical families in society, each

family differs from one another with its own characteristics and a whole set of psychological characteristics. But there is also a common feature common to all families, which is a manifestation of the bright emotionality of family relationships.

A child's personality should be formed from early childhood. Adolescence is a difficult period for the whole family. Parents should first of all work on themselves. Since experienced parents are familiar with the methods of child education, they can properly form the relationship between parents and children [4]. Such as learning to refrain from responding in kind to a teenager's yelling, and effectively using inner resources to stay calm and sane. In this way, parents have the opportunity to correct the behavior of the teenager. Parents' lack of confidence in the child can lead to mistakes in upbringing and strained family relations. All this has a negative impact on the formation of the adolescent's personality.

Aggressive behavior is mainly characteristic of teenagers who grew up in families where there is a lack of love for the child from early childhood, lack of support in their activities, parents are indifferent to their children. In such families, physical punishment is often used as a method of education.

G.R. Bochkaryova singled out the types of families that cause the formation of aggressive behavior in children and adolescents:

- a family with an unhealthy emotional environment where parents are not only indifferent, and rude and disrespectful towards their children;
- the lack of emotional contact between family members, a family that is satisfied with the external well-being of relationships and is indifferent to the needs of the child. At this time, the child seeks to establish relationships outside the family that are emotionally important to him;
- a family in which the child is inculcated with socially unacceptable needs and interests, and is attracted to an immoral lifestyle in which an unhealthy moral environment prevails [5].

If parents and older members of the family take into account the capabilities of the teenager, treat him with respect and trust, help him to overcome difficulties in his studies and other activities, establish relationships with friends, communicate with him, and thus they are favorable for the development of the personality of the teenager. will create conditions [6].

Conclusions and suggestions:

Based on the results of the research, we came to the following conclusions.

It is possible to determine the causes of adolescent aggression, to understand their emotional experiences and feelings, and to determine the possibilities of psychological correction to be carried out with them.

It is necessary to be able to explain to the teenager the possibilities of solving conflict situations in different ways.

Consultation with psychologists in the case of aggression in adolescents requires coordination of their behavior in the educational process with them. It should be remembered that aggressive behavior is formed primarily under the influence of negative emotional states in adolescents. Therefore, adults need to be able to manage their negative emotional states first of all. In this way, they show the teenager that self-control is often the best way to improve the social situation.

In this regard, in cases of manifestations of aggressive behavior, it is necessary to soften the tense situation and treat the teenager with respect. In such cases, we highlight the cases that cannot be used at all:

- ✓ raise voice, threaten;
- ✓ pressure;
- ✓ expressing dissatisfaction with a shout;
- ✓ use of aggressive facial and body movements;
- ✓ making fun;
- ✓ negative opinion about a teenager or his relatives and friends;
- ✓ use of physical force;
- ✓ involving strangers in a conflict situation;
- ✓ persistently asserting one's right;
- ✓ conducting long conversations on moral topics;
- ✓ punishment or threat of punishment;
- ✓ comparing the teenager with his peers, highlighting his weaknesses compared to others;
- ✓ putting pressure on a teenager;
- ✓ to promise a reward in order to justify their actions.

In some cases, the above conditions can change the behavior of a teenager for a short period of time. But the subsequent negative consequences can lead to the formation of negative situations that are stronger than aggressive behavior.

It is recommended to discuss misunderstandings in relationships not in a situation of aggression, but after the situation has calmed down. But it is impossible to prolong the discussion in this regard for a long time. The participation of strangers is not recommended. It is desirable that the conversation should be conducted objectively, without giving into strong emotional state. During the conversation, it is necessary to thoroughly discuss the consequences of the teenager's negative behavior, which are dangerous not only for those around him, but also for himself. Adults should not respond to aggression in adolescents, because by doing so, they may cause aggression in the adolescent to increase. Parents should try to be a parent, a friend, a teacher, and a support for their children since they are still small, which is very important for them. After all, this is one of the most important laws of psychology.

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