

PSYCHOLOGICAL FEATURES OF AGGRESSION IN ADOLESCENTS

Omonova Mukhlisa Dusnazar kizi

Alfaragan University

Department of "Pedagogy and Psychology",

Associate Professor, Doctor of Philosophy in Pedagogical (PhD)

muxlisa.alfraganus@gmail.com

Sotvoldiev Shokhruzbek Nigmatulla oglu

Alfaragan University

Master's student in the field of "Pedagogy and Psychology"

Annotation. It is necessary to identify the causes of the manifestation of aggressive behavior observed in adolescents today, to prevent or control destructive behavior. This article discusses the psychological characteristics of aggression in adolescence, changes in behavior, and the formation of aggressive behavior in adolescence. It also discusses the psychological characteristics of violence, the reasons affecting its formation in adolescence, and modern research by scientists on this problem.

Keywords: aggression, aggression, behavior, violence, teenager, personality, character, gender.

Аннотация. Необходимо выявить причины агрессивного поведения, наблюдаемого у современных подростков, а также предупреждать или контролировать деструктивное поведение. В статье рассматриваются психологические особенности подростковой агрессии, изменения в поведении, а также размышления и наблюдения о формировании агрессивного поведения в подростковом возрасте. Также освещаются психологические особенности насилия, причины, влияющие на его формирование в подростковом возрасте, и современные исследования ученых по этой проблеме.

Ключевые слова: агрессия, агрессивность, поведение, насилие, подросток, личность, характер, пол.

Anotatsiya. Hozirgi kunda o'smirlarda kuzatilayotgan agressiv xatti-harakatlarni namoyon bo'lish sabablarini aniqlash, destruktiv xulq-atvorni oldini olish yoki nazorat qilish lozim. Ushbu maqolada o'smir yoshidagi agressiyaning psixologik xususiyatlari, xulq - atvoridagi o'zgarishlar va o'smirlik davridagi tajovuzkorlik xususiyatining shakllanishi bo'yicha fikr va mulohazalar yoritib berilgan. Shuningdek, zo'ravonlikning psixologik xususiyatlari, uning o'smirlik davriga xos shakllanishiga ta'sir etuvchi sabablar, olimlarning ushbu muammo bo'yicha zamonaviy tadqiqotlari yoritilgan.

Kalit so'zlar: agressiya, tajovuz, xulq-atvor, zo'ravonlik, o'smir, shaxs, xarakter, gender.

Introduction. The tense, unstable social, economic and ecological situation that has arisen in our society today is causing an increase in various deviations in the personal development and behavior of people of different ages. Among them are the increasing alienation of adolescents, their increased anxiety, and moral destruction, which is associated with cruelty and aggression. Recently, the topic of aggression has become especially relevant due to the increase in juvenile delinquency, various manifestations of aggression and child cruelty.

Discussion. Aggressive behavior is the result of the interaction of a person with the situation. Aggression has qualitative and quantitative characteristics, and like all properties, it is expressed in different degrees. It manifests itself from almost complete absence to sufficiently developed aggression. Aggression is present in each person to some extent. People with a high level of aggression are more prone to exhibit aggressive reactions towards others. Aggressive reactions can include reactions aimed at condemning, insulting or physically harming other people.

There are theories that comprehensively explain aggressive behavior, each of which explains in detail aggression and the factors that cause it [1].

The basis of aggressive behavior is the motive of aggression. Aggressive behavior is characterized by the fact that it causes moral, material or physical harm to the individual, and influences the emergence of destructive behavior. The psychologically difficult aspect of eliminating such behavior is that the person who commits aggressive behavior gives various arguments to justify his actions and tries to shift the blame from himself.

Literature review. The Viennese psychologist Z. Freud and his students, when assessing adolescence, consider the unconscious desire to determine his own position, which arises as a sign of some kind of inclination given to a person from time immemorial, to be the most important basis. This aspiration leads to selfishness, disregard for other people, to appearance, to incompatibility with the environment, and even to conflicts, and unconscious needs and inclinations characterize the activity of the individual. Former Soviet psychologists, emphasizing the absolute groundlessness of Z. Freud's theory, justified the fact that in adolescence the discrepancy between opportunities and demands, the tendency to show off and the manifestation of interest in one's own inner world are characteristic [2]. Some psychologists attach particular importance to the biological factors of biogenetic growth, namely sexual maturation. In their opinion, the subjective inner experiences of a teenager, leading to a psychological crisis, exciting boys and girls, lead to the psychology of loneliness. The characteristic traits of adolescence, such as discontent, rudeness, stubbornness, cruelty, resentment, aggression, are explained by the fact that new feelings, inclinations, and experiences, the product of sexual maturation, dominate the behavior of the adolescent and control his behavior. It is clear to everyone that the psychological appearance, state, and potential of adolescence do not depend on a single purely biological factor [3].

If we evaluate the influence of the gender factor on aggression in adolescents, then men (boys) show a much higher level of direct and physical aggression, and women (girls) - indirect and verbal aggression. In general, at the same time, women often successfully resort to its psychological variant, but a greater tendency to use physical force against the male sex is noted.

Despite the great importance of age, gender and individual factors, in the formation of aggressive behavior, according to many researchers, the social conditions of personality development play a leading role.

Results and analysis. According to Bass, aggressive actions can be described based on three scales: physical - verbal, active - passive and direct - indirect. Their combinations give eight possible categories, and many aggressive actions can be explained on their basis [4]. For example, violence by one person against another by shooting, stabbing or beating can be described as physical, active and direct scales.

Bass aggression categories

Type of aggression	Examples
Physically-active-directly	Injuring a person with a cold weapon, beating him, and wounding him with a firearm
Physically-active-indirectly	Laying booby traps; conspiring with a hired assassin to eliminate an enemy
Physical-passive-direct	Trying to physically prevent a person from achieving a goal or engaging in a desired activity (such as a sit-in protest)
Physically-active-indirectly	Refusal to perform necessary duties (for example, refusing to vacate the area during a sit-in protest)
Verbal-active-direct	Verbally insulting or belittling another person
Verbal-active-indirect	Slandering or spreading rumors about another person
Verbal-passive-indirect	Refusing to talk to the other person, answering their questions, etc.
Verbal-passive-indirect	Refusing to clarify or explain (for example, refusing to say anything in defense of someone who has been unfairly criticized)

There are different types of aggression: socially acceptable and asocial aggressive behavior. In the socially acceptable type of aggression, frustration, affect, stress, and tension and anxiety arising from conflict are resolved through actions that are consistent with social norms. Asocial aggressive behavior is manifested in actions that contradict the norms accepted in society.

There are various forms of aggression: from direct physical force, verbally insulting and threatening an opponent, to indirect forms of influence that hint at future unpleasantness. There are also known forms of aggression that go beyond socialization to the level of suffering. In psychology, aggressive behavior is classified as follows:[5]

1. Symptoms of suffering-level aggression (seizures, losing oneself when angry);
2. Physical, verbal and other forms of aggression associated with moral laws and regulations that are considered unacceptable for society as a whole (usually they are associated with the characteristics of socialization, the strengthening of antisocial norms of behavior);
3. Various forms of aggression associated with insufficient assimilation of moral laws and regulations accepted in society or the incomplete formation of personal qualities that allow one to control one's behavior (lack of education);
4. All actions that give rise to suspicions of aggression by some observers as a violation of rights, harm to someone, and are interpreted by other observers as assertiveness, activity. The basis of aggressive behavior is the motive of aggression. Aggressive behavior is characterized by causing moral, material or physical harm to a person, influencing the emergence of destructive behavior. The psychological difficulty in eliminating such behavior is that the aggressive person gives various arguments to justify his behavior and tries to shift the blame from himself. The most frequent manifestation of aggression is the emotional state of the person, the basis of which is the following:[6]
 - neuropsychiatric diseases, extreme fatigue of the human nervous system.
 - unhealthy psychological environment in the family and lack of pedagogical and psychological knowledge among parents.
 - personality traits, deterioration of the social environment.

As a result of excessive aggression, a person experiences negative consequences such as nervous system disorders, neuropsychiatric diseases, decreased communication skills, inability to adequately assess himself, loss of self-confidence, inability to control himself, increased anxiety, frustration, depression, stress [2].

Conclusion. Aggressive behavior can have serious consequences for society. It can lead to physical and psychological harm, disruption of interpersonal relationships, deterioration of mental health, increased crime, and disruption of public order. Aggressive behavior can manifest itself in society in various forms and at different levels. The prevalence of this phenomenon depends on many factors, including cultural, social, economic, and individual characteristics.

List of used literature

1. Агапов П.В. Проблема агрессивности и деструктивности в психоаналитической социологии: от Фрейда к Фромму: Дис.. канд. социолог, наук. - М., 2000. - 152 с.
2. Агрессия у детей и подростков: Учеб. Пособие. / Н.М. Платонова. СПб.: Речь, 2004. - 336 с. 3. Адлер А. Как управлять стремлением к превосходству. // Адлер А. Воспитание детей.
3. Взаимодействие полов. — Ростов на Дону.: Феникс, 1998,- 448 с. 4. Алфимова М.В., Трубников В.И. Психогенетика агрессивности. // Вопросы психологии. 2000. - № 6. - С. 112-121.
4. F.Rasulova. O'smirlarda agressiv xulq-atvor namoyon bo'lishining psixologik xususiyatlari. // psixologiya fanlari bo'yicha falsafa doktori ilmiy darajasini olish uchun yozilgan dissertatsiya. T– 2018 yil. 142 b.
5. Gainazarovna, S.T., & Ikromjon o'g'li, I. A. (2024). O'smirlarda agressiv xulq-atvor namoyon bo'lishining ijtimoiy-psixologik xususiyatlarining korreksiyasi va profilaktikasi. Miasto Przyszłości, 48, 1421-1425.
6. Kushanova, M.I. (2024). O'smirlar agressiv xulq-atvorining ijtimoiy-psixologik tavsifi. Hozirgi zamon psixologiya ilmidagi dolzarb muommolar: yechimlar va imkoniyatlari, 57-60.