

PSYCHOLOGICAL FACTORS OF THE FORMATION OF AGGRESSIVE BEHAVIOR IN ADOLESCENTS

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Abstract

This article discusses the main psychological factors of the formation of aggressive behavior in adolescence, its causes and manifestations. The psychological impact of emotional instability, self-esteem, identity crisis, and unhealthy family environment on aggression during adolescence was analyzed. The article also provides practical recommendations for psychological correction and preventive measures aimed at preventing aggression in adolescents and developing positive behavioral skills in them.

Keywords

adolescence, aggressive behavior, psychological factors, aggression, personal crisis, family environment, self-esteem, deviant behavior, psychological prevention.

Today, the intense processes of globalization, integration, and informatization taking place worldwide are directly affecting all aspects of human life, in particular the worldview, value system, and psychophysiological development of the growing young generation. The era of globalization has not only expanded economic and technological opportunities, but has also brought about a number of global problems, such as "mass culture", ideological attacks, and the spread of ideas of violence and aggression through the Internet and social networks, which negatively affect the psychology of young people. The influence of these external factors is especially evident during adolescence, which is considered the most critical and sensitive stage of human life. When internal psychological characteristics such as adolescent crisis, emotional instability, self-awareness and striving for independence collide with destructive (disruptive) tendencies in the modern information space, it sets the stage for the manifestation of various forms of aggressiveness and aggression in adolescent behavior.

Since the early years of independence, the issue of youth has been one of the top priorities of state policy in the Republic of Uzbekistan. Particular attention is

being paid to the issue of raising the younger generation, which is growing especially in today's new stage of development, to be spiritually mature, intellectually capable, and psychologically stable, and protecting them from foreign ideas and destructive forms of behavior. Dozens of decrees and resolutions adopted by the head of our state Shavkat Mirziyoyev, in particular, the decree of the president of the Republic of Uzbekistan "on measures to educate young people spiritually and morally and physically, to raise their educational system to a qualitatively new level" and reforms within five important initiatives aimed at raising youth morale, meaningful Organization of [1] These decisions and programs address offenses that negatively affect the upbringing of adolescents, specific strategic tasks have been set to prevent deviant (deviant) behavior and aggressive tendencies, to radically improve psychological service activities in educational institutions and to systematically establish family, neighborhood and school cooperation. As noted in presidential decisions, creating a healthy psychological environment among young people and ensuring their social adaptation (adaptation) is not only an educational, but an urgent task that is associated with national security and the stability of society.

Although the problem of aggression in adolescents is widely studied in modern psychology, the era of digital transformation today requires the study of this problem in a new context. Scenes of violence in computer games, cyberbullying in social media (cyberbullying), and decreased real-life communication are leading to a decrease in emotional coldness and tolerance (patience) in adolescents. The desire to assert oneself, typical of adolescence, and the need for group affiliation are often manifested through aggressive actions under the influence of destructive groups. Family suicidality or hypoprotection (neglect), interruption of emotional ties between parents and children are also increasing internal anxiety and frustration (frustration) in the adolescent personality, eventually becoming aggression towards the external environment.

Therefore, the identification of psychological determinants and laws of the formation of aggressive behavior in adolescents, the organization of preventive work, taking into account their individual-personal characteristics (temperament, character, self-assessment), is one of the most acute problems facing practicing psychologists and educators today.

The main goal of this study is to theoretically analyze the leading internal and external psychological factors that contribute to the formation of aggression in the behavior of adolescent youth in the context of globalization and to develop scientific and practical recommendations for their prevention. Based on this goal, the article will study the socio-psychological nature of adolescent aggression, assess

the impact of the family and school environment on the adolescent personality, and substantiate an effective system of psychocorrectional work carried out with adolescents based on the tasks set out in the decisions of the head of state.

The lexical basis of the concept of "aggression" comes from the Latin word "aggredi", which means "to attack" or "to initiate an attack". In modern psychology, there are different, if not contradictory, conceptual approaches to the interpretation of this socio-psychological phenomenon. In Particular, X.Delgado, A.A.Bass, L.M.Semenyuk, G.Parens, A.Bandura, R.Walters and Yu.Well-known researchers, such as Mojginsky, approach aggression in a purely negative context in their scientific work, considering it a destructive (destructive) state for the individual and society. On the contrary, scientists who look at this phenomenon from a functional and positive point of view are also not absent. For example, psychologist L.Bender defines aggression as a specific form of the individual's natural and active desire to assert himself in society, to assert his identity. [2]

The modern adolescent crisis and the information environment. In recent years, there has been an increase in aggressive behavior and tendencies towards aggression among the younger generation, especially among adolescents. One of the root causes of this negative dynamic is the uncontrolled expansion of digital technologies and social networks. Young people regularly encounter media content in the virtual space that is completely contrary to our national mentality and traditional values, promoting violence and cruelty. This problem is further exacerbated by the fact that parents and adults cannot fully control the activities of teenagers in the Internet space.

From a psychological perspective, adolescence is the most complex, crisis-ridden, and transformative stage of ontogenesis (human development). Children who enter this period are characterized by emotional volatility, maximalism (black and white thinking), stubbornness, and a strong need to assert their independence to those around them. It is very important to provide temporary socio-psychological support to adolescents during such a delicate period, but at the same time, they should also be given the opportunity to independently analyze their thoughts and have personal space.

The social nature of aggression and autoaggression. At the heart of aggressive behavior lies the shortcomings of the individual's spiritual and moral system and the breakdown of interaction with the environment. This trait destroys a person's internal control mechanisms and takes on an inhuman character, aimed at destructively influencing the world of others. In many cases, the intensity and forms of manifestation of aggressive reactions are directly related to the social microenvironment (family, circle of peers) in which the individual lives and forms.

If this aggression is directed not at external objects, but at the person himself, this process is called "autoaggression" in psychology. Autoaggressive states (such as self-bodily injury or suicide attempts) are a serious indicator (indicator) of deep pathological, deviant changes in the psyche of an individual. [3] In general, individuals who have formed in an environment of spiritual poverty, where violence and ignorance are considered the main and only mechanism for achieving life goals, are at high risk of developing aggressive behavior into a stable pattern.

Adolescence is considered the most difficult, transitional and systemic crisis period of human ontogenesis. At this stage, the intense endocrine (hormonal) changes in the body increase emotional instability, irritability, and susceptibility to affective reactions in the adolescent psyche. The complexity of the educational process for children of this age is due to their psychological characteristics. Adolescents have a very high need to assert themselves as independent individuals, to gain recognition from adults, and to express their "I". If these needs are not properly met in a social environment, the teenager will develop stubbornness, negativism, and a feeling of resentment towards those around him. In such a delicate situation, it is important to provide temporary psychological support to the adolescent and respect his or her emotional experiences. At the same time, he should be allowed to be alone with his thoughts and inner world, to have his own personal space. Otherwise, excessive pressure and misunderstanding will turn the child's internal discontent into open aggression. [4]

In today's age of globalization and universal informatization, virtual space is directly contributing to the increase in aggressive behavior among young people. Modern teenagers are regularly exposed to videos and materials through mobile phones and social networks that are completely alien to our national mentality, to our centuries-old traditional values, promoting cruelty, violence and inhumane ideas. The saddest thing is the lack of systematic control over the activities of adolescents in the Internet space and the content they view by adults and parents. Scenes of violence in the Virtual world form a visual adaptation in the psyche of a teenager – emotional immunity (empathy) to human pain and grief in a child fades, and aggression begins to be perceived as a simple norm of everyday life. [5]

Aggressive behavior is not a sudden phenomenon, it is an inhuman trait that is based on the spiritual impoverishment of the individual and arises as a result of a violation of the internal control system. Its formation and strengthening are often inextricably linked to the social environment (family, school, peer group) in which the individual is developing. Domestic violence, parental discord, or neglect (hypoprotection) of the child are primary sources of aggression. In families where ignorance, ignorance, and violence are considered the main and priority means of

achieving goals in life, a teenager copies a model of aggressive behavior. If these accumulated negative emotions and aggression are not directed outward, but rather directed inward, this process is called "autoaggression" in psychology. [6] Autoaggressive States, specifically suicide (suicidal behavior) or self-bodily injury, are the most dangerous and serious indicators of pathological, deviant changes in the individual's psyche.

Conclusion; aggression in adolescence occurs not only as a product of hormonal changes, but as a result of the individual-psychological characteristics of the individual (low self-esteem, emotional instability), as well as the mutual negative proportionality of an unfavorable social microenvironment (family conflicts, authoritarian upbringing). The internet environment and social networks, left unchecked in the modern age of informatization, are directly laying the groundwork for the perception of violent manifestations in adolescents as a normal situation and the development of new forms of aggression, such as cybersecurity. The inward direction of aggressive energy (autoaggression) in a teenager unable to find understanding and support from the external environment has been confirmed during analysis to lead to severe pathological consequences such as self-injury and suicidal behavior.

In order to implement the tasks set by our President to enhance the spirituality of young people and increase the effectiveness of the prevention of aggressive behavior among adolescents, the following practical recommendations are put forward. First, it is necessary to strengthen the "family-school-neighborhood" partnership and increase the psychological literacy of parents by school psychologists. It is necessary for families to abandon authoritarian methods of punishment and create a democratic environment of dialogue based on understanding the adolescent's personality. Secondly, in order to meaningfully organize the free time of teenagers, it is necessary to sublimate their internal aggressive energy in a positive direction by widely involving them in sports clubs, art, IT technologies, and creative clubs. Thirdly, it is necessary to systematically monitor the time and viewing content of adolescents using digital gadgets by parents, to form ideological immunity to negative information attacks in them. Fourth, it is advisable to regularly organize psychological training in educational institutions that teach adolescents to enhance their sense of empathy and the skills to express negative emotions such as anger and hatred in socially safe ways.

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