

IN ADOLESCENTS IN THE GENERAL SECONDARY EDUCATION SYSTEM THEORETICAL ANALYSIS OF THE MECHANISMS OF ELIMINATING AGGRESSIVENESS

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Abstract. This article explores the concepts of aggression and aggressive behavior in adolescence. In particular, special attention is paid to the indicators of aggressive behavior in adolescents, the main causes of its occurrence and psychoprophylaxis. 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 and the possibilities of correction.

Keywords: Aggressiveness, aggressive behavior, aggression, correction, stress, education, upbringing, morality, autoaggression, depression, verbal aggression.

Аннотация. В данной статье исследуются понятия агрессии и агрессивного поведения в подростковом возрасте. В частности, особое внимание уделено показателям агрессивного поведения подростков, основным причинам его возникновения и психопрофилактике. Цель агрессии – причинить жертве боль и использовать агрессию как средство для достижения других целей. В статье описана классификация агрессивного поведения в подростковом возрасте и возможности коррекции.

Ключевые слова: Агрессивность, агрессивное поведение, агрессия, коррекция, стресс, воспитание, воспитание, мораль, аутоагрессия, депрессия, вербальная агрессия.

Annotatsiya. Maqolada o'smirlik davridagi agressivlik va agressiv xulq atvor tushunchalari o'rganiladi. Xususan, o'smirlardagi agressivlik xatti-harakatlarning

ko'rsatkichlari, uning paydo bo'lishining asosiy sabablari va psixoprofilaktikasiga alohida e'tibor beriladi. Agressiyaning maqsadi xususan jabrlanuvchiga azob yetkazish hamda agressiyaning boshqa maqsadlarga erishish vositasi sifatida qo'llash hisoblanadi. Maqolada o'smirlik davrida aggressiv xulq ko'rinishlarining tasnifi, korreksion imkoniyatlari yoritilgan.

Kalit so'zlar: Aggressivlik, aggressiv xulq-atvor, agressiya, korreksiya, stress, ta'lim, tarbiya, ahloq, autoagressiya, depressiya, verbal agressiya.

As we think about solving the complex and important issues that the rapidly changing world is putting before us, we are convinced that the solution to it is to form young people through education and training. Adolescent aggression is one of the acute problems not only for pedagogues and psychologists, but also for the whole society. The socio-economic conditions of human life, the high rhythm of life, the density of cities, and the increasing number of media have an impact on the mental state of people. The growing flow of juvenile delinquency and the increase in the number of children prone to an aggressive form of morality have put forward the study of the psychological conditions that provoke such dangerous manifestations as a task of the first level of importance. The term aggression is derived from the Latin word "aggređi" which means "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.Mojginsky. In addition, there are positive approaches to aggression. In particular, L. Bender states that aggression is a human's desire for self-expression. Recently, there has been aggression and aggressive behavior 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 are stubborn, want to be recognized by others, and become 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 is an inhuman trait based on moral depravity, aimed at derailing the inner world of management by openly negatively influencing and attacking it. The formation, strengthening and manifestation of aggressive behavior often occurs in connection with the social environment. To the person himself directed aggression is called "autoaggression" (this condition serves as an indicator of pathological changes in a person). Suicide and 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 their goals. Adolescence is the period from 10-11 years old to 14-15 years old. Adolescence is a period of transition from childhood to adulthood, characterized by physiological and psychological characteristics. During adolescence, the teenager's "I" is formed again. His attitude to others, especially to himself, his interests, and the direction of his value changes dramatically. Their previous interests fade and new interests appear. In this case, there is a decrease in the ability to work, assimilation, rudeness and hyperexcitability of teenagers, dissatisfaction with themselves, aggression, anxiety, mood instability, depressive experiences, quick anger, strong reaction to trivial things, self-negative behavioral manifestations such as low self-esteem. During adolescence, children become emotionally unstable. Psychologists associate it with biological factors such as hormonal growth, body reconstruction, puberty. But in some cases emotional changes have radical forms and can turn into aggression. If a teenager is left alone with his aggression, it can lead him to destructive groups and, as a result, to delinquency. In ordinary everyday life, it is used as a means of aggression-violence or to defeat an opponent. Explaining the concept of aggression itself causes a number of difficulties, because this term covers many forms of behavior. When people

describe someone as an aggressive person, they mean that he is abusive, mean, wants to do things his way, stubbornly defends his ideas, and is immersed in a vortex of problems with no solution. can be described as a person who does. In order to find out whether such a definition of aggression is correct or incorrect, it is necessary to clarify this concept. R.Beron and D.Richardson define this concept as follows: “aggression - in latin language” aggressio means attack, it is any form of human behavior aimed at harming a living being. According to J.Buss, “Aggression is the reaction of another organism to receive some kind of harmful stimulus”. According to the opinion expressed by N.Zilman, aggression means inflicting physical injuries and physical injuries on others. There are many theoretical bases for the manifestation of aggression. According to Sigmund Freud, aggressive behavior is divided into involuntary and inevitable types. Humans have two relatively powerful instincts: libido and interest in thanatos. If the energy of the thanatos is not directed to the surface, it will quickly cause the individual to disintegrate. Thus, thanatos indirectly helps the aggression to come out and be directed at others. The appearance of emotions can reduce the likelihood of dangerous actions. K.Lawrence takes the starting point of aggression from the innate instinct of the struggle for survival, which exists in humans, like all living creatures. He says that aggressive energy, which is the source of the instinct of struggle for survival, appears in the body suddenly, at a constant speed, and accumulates regularly over time. During adolescence, both boys and girls have periods when aggressive behavior is at its highest or lowest. Two types of aggression have been identified in boys: 12-year-old and 14-15-year-old. In girls, the highest indicators of two types of aggressive behavior correspond to the ages of 11 and 13. It is characteristic for boys to show aggression in a direct, open form and to the person entering into the conflict. It is characteristic of girls to consider various forms of verbal aggression as acceptable. There are the following main reasons for the emergence and manifestation of aggressive behavior in adolescents:

1. *Unhealthy family environment.* Conflicts between parents and children in the family, cases of mutual misunderstanding, the failure of the leadership style in the family and the presence of dysfunctional families are the reasons for the appearance of aggression in teenagers. Leads to the result of aggressive behavior can lead to murder. One of the researchers, F.Getting, found out that the killers in many cases came from single-parent families. To the results of his special research on “Study of aggressive children in the family”. According to this, it has been pointed out that very violent, rude, aggressive, and at the same time juvenile criminals come from bad families. He said that there is a healthy or unhealthy family environment in both complete families and dysfunctional families. Constant quarrels and conflicts in the family are the main factors that create an unhealthy environment in the family.

2. *Group of equals.* Teenagers always imitate others. They try to behave aggressively as they observe the behavior of their peers. Excessively aggressive children are squeezed out among their peers. Such children feel humiliated and find a place in a group of aggressive children like themselves. And this does not create problems after problems.

3. *Mass media influence the increase of aggression.* Showing aggressive movies, shows, information on the Internet that does not match one's age and psychological characteristics, and playing aggressive games cause the emergence of aggression.

In order to eliminate the above reasons, we recommend the following to parents and relatives of the teenager:

- Creating conditions for the teenager to be independent and take initiative;
- They should not be told what to do, but should be asked how to help, that is, to feel support and trust in him;
- Teenagers and their parents and relatives often talk about their goals in life talk;
- Reducing the level of parental aggression in the family as much as possible;
- Establishing trusting relationships;

- If a teenager has hobbies, it is necessary to direct his energy in this direction, always praise and encourage him for his achievements and hard work.

In short, 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. According to 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 others 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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