

SOCIAL AND PSYCHOLOGICAL FACTORS IN THE FORMATION OF AGGRESSION IN THE ADOLESCENT ENVIRONMENT

Tashbekova Aziza Mirsukhbatovna

2nd year Master's student

Tashkent International University of Chemistry

Annotation. Adolescence is one of the most complex stages in the psychological, emotional and social development of a person. During this period, the formation of aggressive behavior is strongly influenced by various factors - family environment, relationships with peers, psychological state at school and the content of the media. In particular, conflicts between parents, lack of control or excessive severity can increase internal conflicts in a teenager and lead to the emergence of an aggressive reaction. Peer pressure and difficulties in social adaptation also contribute to the formation of aggression. In addition, violent games, films and Internet content can have a negative impact on the behavior of adolescents, encouraging them to repeat aggressive patterns. Research shows that psychological support, healthy communication and positive parenting strategies play an important role in preventing aggression.

Keywords: Adolescence, aggression, psychological factors, family environment, peer influence, upbringing, emotional development.

Adolescence is one of the most complex and dramatic stages in human life. During this period, physiological, hormonal and psychological changes occur very quickly, resulting in significant changes in a person's behavior, emotional stability and social relationships. Aggression is one of the most common psychological conditions during adolescence, and its formation is associated with many internal and external factors. The increase in aggressive behavior has a negative impact not only on the individual, but also on his family, educational institution and society. Therefore, it is scientifically and practically important to study the mechanisms of aggression and identify ways to reduce it.

Aggression is closely related to the emotional state of the adolescent, interpersonal relationships, the process of self-awareness and social experience. During this period, the adolescent is increasingly faced with questions of identity such as “who am I?”, “where is my place in society?” Internal conflicts and the need for self-affirmation can manifest themselves in the form of aggressive reactions. According to psychologists, during adolescence, emotionality increases, and impulse control is not yet fully formed, which leads to situations such as quick conflict, quick anger, and tense relationships.[1]

The family is the primary and most important factor in the psychological development of the adolescent. Constant quarrels between parents, harshness, indifference, lack of affection or excessive control lead to emotional instability in a teenager. Aggression is often copied from the relationships between family members. If a teenager sees examples of resolving conflicts with force in the family, he accepts this behavior as normal. Also, low psychological support in the family makes the teenager feel defenseless and forces aggressive behavior to work as a defense mechanism. Adolescence is directly related to the status in the community, the attention and acceptance of friends. If a teenager is rejected, teased or humiliated in a peer group, he may choose aggression as a form of self-defense. On the other hand, teenagers who join aggressive groups perceive this behavior as the norm and reinforce it. Peer pressure is also an important social factor that increases aggression.[3]

Unfairness in the process of working with students at school, rude attitude of teachers or lack of psychological support increase internal dissatisfaction in a teenager. In such an environment, a teenager feels worthless, and this situation increases emotional pressure and causes aggressive reactions. Also, bullying at school, increased competition, and unfairness in assessments are seen as factors that provoke aggressive behavior.

The innate temperamental characteristics of a teenager also affect the level of tendency to aggression. Teenagers with a choleric temperament can be impulsive and quick-tempered, which increases aggressive behavior. Also, low self-esteem, anxiety,

and depressive states increase aggression. If internal emotional conflicts are not resolved in a timely manner, they are reflected in external behavior.[4]

In the modern information space, there are many manifestations of violence: films, games, social networks, video content have a strong impact on the adolescent mind. Regular viewing of materials promoting aggression desensitizes the adolescent to violence and encourages him to solve problems by force. Aggressive groups on the Internet, abusive content, cyberbullying also have a negative impact on the adolescent psyche.

Hormonal background changes during adolescence in changes. Increased testosterone levels, the restructuring of the nervous system, and increased sensitivity make the teenager emotionally unstable. Since the impulse control system is not yet fully formed during this period, aggression can often manifest itself.

To prevent aggressive behavior, it is first necessary to improve the family environment. Parental love, emotional support, and a fair upbringing style ensure the teenager's mental stability. It is important for school psychologists to regularly monitor the emotional state of students, organize trainings, and individual conversations. Teaching healthy communication between peers, mutual respect, and non-violent conflict resolution skills also gives effective results. Also, involving teenagers in sports, art, and cultural activities directs aggressive energy in a positive direction.[5]

In conclusion, the formation of aggression in adolescence depends on many interrelated factors: family environment, school conditions, peer relationships, psychological state, media exposure, and hormonal changes. Each of these factors has a different impact on the psyche and behavior of the adolescent. Timely prevention, psychological support, and a healthy educational environment contribute to the positive development of the adolescent and reduce the level of aggression. Therefore, the joint efforts of the family, school, and society are important in preventing negative situations that occur during adolescence.

References

1. Karimova V. Yosh davrlar psixologiyasi. — Toshkent: O‘zbekiston nashriyoti, 2019. — 112–145-betlar.
2. G‘oziyev E. Umumiy psixologiya. — Toshkent: Fan, 2018. — 210–230-betlar.
3. Bandura A. Social Learning Theory. — New Jersey: Prentice Hall, 1977. — 54–78-pp.
4. Berk L. Development Through the Lifespan. — Boston: Pearson, 2013. — 185–210-pp.
5. Shoumarov R. Pedagogik psixologiya. — Toshkent: “Ilm Ziya”, 2020. — 98–120-betlar.