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DESTRUCTIVE BEHAVIOR IN PERSONS PSYCHOLOGICAL ASPECTS

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Annotation. The masurian book is devoted to the study of the destructive nature of personality, it examines both the manifestations of the destructive nature of personality and the manifestations of the destructive nature of personality.

Kalit so‘zlar: checkmate, destruction, destructive character, destructive bully-thief.

Although the characteristics of destructive behavior have been studied as an object of psychological research, they have not been sufficiently studied, the content and causes of the concepts of "destruction", "destructive attitude", "destructive behavior" have not been studied in depth. Many researchers have paid attention to various forms of destruction, such as behavioral disorders observed in adolescence, aggression in women and men, murder, suicide, and terrorist activities. According to observations, some forms of destructiveness have also been studied by biologists, geneticists, psychologists, sexologists, historians, and lawyers. Considering that studying the problem as a whole can help to understand its essence, the fact that the problem of destruction, destructive behavior, its causes and consequences have not been sufficiently studied justifies the urgency of the problem. When it comes to destructive behavior, destructive behavior is mainly understood as a destructive character. Destructive character - destructive and antisocial Character is a set of actions and personal characteristics that are formed as a result of the person's assimilation of destructive patterns of behavior as his "I" characteristics. It is mainly associated with the social adaptation of the person. A person with such a character does not strive for positive change and, accordingly, is not able to establish any social contacts, rejects any adequate forms of relationships.

Destructive behavior is closely related to the concepts of aggression and aggressiveness. Aggression should be considered as an innate feature of every living person, which helps a person to mobilize strength and active actions. Aggression can be of two types: non-destructive aggression, which is a natural defense mechanism of any person; destructive hostility in the form of violence, anger, revenge, rejection, malice.

Destructive character is characterized by the following typical features:

1. Negative attitude towards everything, increased level of criticism, from others and their actions constant dissatisfaction.

2. Unreasonable aggressiveness (anger), irritability, irritability. Possibility of self-aggression and self-flagellation.

3. Use of various forms of violence (including psychological).

4. The desire to humiliate others and subjugate those around them. The person's behavior is aimed not at partnership and equal relations, but at achieving his own interests.

Confidence in his own uniqueness, narcissism. Excessive rejection of help or comments.

2. Achieving behavioral goals does not bring happiness or full satisfaction, but rather causes a great desire for destructiveness.

3. Lack or complete absence of empathy.

4. Constant self-digging, self-blame (characteristic of auto-destructive forms of behavior). At the same time, the manifestation of destructiveness of character often depends on the following

socio-psychological factors: low self-esteem; insufficiently developed intellect; low level of development of communication skills; staying in a state of increased excitability as a result of various physiological conditions (injury, disease) of the nervous system.

Character destructiveness is manifested in the following types of behavior:

1. Externally destructive (antisocial): poses a threat to others and the social order, violates moral norms or legal norms accepted in society, including non-compliance with them: drug addiction, alcoholism, damage to other people's property, prostitution.

2. Indirectly destructive (asocial) - directed at other members of society and seeks to destroy interpersonal relationships and relationships with them (as a method of conflict communication, violence, aggression).

3. Autodestructive (dissocial) - self-destruction of the psychological or medical order, which leads to regression of the development of the individual's personal structure, his disintegration as a social person (suicidal thoughts and actions, food addiction, autism, fanaticism).

Destructiveness of character, which is associated with social adaptation, is most often manifested in adolescents, who become withdrawn and cruel even to their relatives. During this period, destructiveness of character is most likely to form in those who have experienced serious psychological stress and are trying to adapt to a new cognitive reality.

Destructive interpersonal interaction involves the use of methods and forms of destructive behavior. The goal of such interaction is not to communicate on an equal footing, the main thing here is to achieve mutual understanding, solve the problem, clarify the situation, etc. In most cases, the destructiveness of interaction may not be the result of the motivation of one participant, but only one. The goals of such interaction are derived from the personal motives of the person who is eliminating the conflict, who does not seek to compromise, but perceives communication or destructive interaction as a “battlefield” to prove his innocence. In particular, destructive interaction is characterized by insults, sometimes threats; the meaninglessness of communication; appeal to the shortcomings of the interlocutor; showing one's own fears or shortcomings to another; belittling, humiliating the person; constant change of topic; struggle to establish control over the interlocutor; the presence of sarcasm and a condescending or patronizing tone, offensive jokes; physical violence; active gestures (including rude ones), raising the tone; constant ignoring of the interlocutor's words.

The most complex forms of destructive interaction occur when both people strive for destructive forms of behavior. Then the interaction itself leads to the personal truth that any effective constructiveness is impossible. Such interlocutors, if at least one of them does not abandon the pattern of their actions, will end up in misunderstandings, and destructive relationships will continue openly, and sometimes covertly. If a person understands himself well, can control his emotional state, sets the right goals and works hard to achieve them, then he will never have a negative psychological state. Strong-willed, ambitious people strive forward. On the contrary, if we look at people in a negative mood, they will exaggerate any small problem, get angry for no reason, because such people do not properly use the life opportunities given to them.

They admit that a person should also think about reshaping himself, that is, when practicing psychologists work with a student with destructive behavior, they should ask them questions like "Ask yourself. Who am I? Why do I live? What are my weaknesses? What can I do to improve my life? How can I help the people around me? What shortcomings do I need to change? What do I want from myself? What do I want from others?" and direct students to self-understanding.

Recommendations.

1. Systematically establish work on the diagnosis and psychocorrection of destructive behavior in educational institutions by practicing psychologists.

2. Conduct individual and group psychotherapeutic work with students with destructive behavior and eliminate their negative characteristics.

3. Provide recommendations for students, parents, and teachers on the use of individual and group psychotherapy elements in eliminating destructive behavior.

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