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THE SPECIFICS OF THE MANIFESTATION OF AGGRESSIVE BEHAVIOR DURING ADOLESCENCE

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Abstract

One of the complex psychological aspects of human nature is aggression. Today, parents, teachers and psychologists note a significant increase in the number of children and adolescents prone to aggression, which is a risk factor for their future illegal behavior. In this regard, the study of the causes and mechanisms of the manifestation of various forms of aggressive behavior in adolescence is an urgent problem of modern psychological science.

Keywords: aggression, aggression, adolescence, aggressive behavior, violence, psychological state, personality, social environment, biological factors, individual characteristics, self-affirmation, parent-child relationships, media, aggressive behavior, adolescent psychology.

Introduction.

Aggression is a psychological condition manifested by an individual or group in the form of harm or threat to others. Although this phenomenon has long been an integral part of human society, it remains one of the topical research topics in modern psychology. The causes of aggression, forms of manifestation and methods of its management are studied at the intersection of various disciplines. In psychology, this condition is analyzed in depth from the point of view of individual characteristics, social environment and biological factors. One of the main problems of modern psychology is the aggressive behavior of children and adolescents, which has become one of the most important research problems. Many experimental studies are being conducted by foreign psychologists aimed at identifying the causes and factors of aggressive behavior of children and adolescents: the relationship between violence and deviant behavior (A. Bandura, R. Merton, PJ Walters); the level of intelligence and attitude to aggressive behavior (D. Connor); the relationship between parents and child aggression (Perry, Bussey Mc Cartny); Aggressive behavior of adolescents in the form of self-affirmation (A. Bass, R. Walter, R. Lazarus); manipulation of consciousness using the media (S.G. Kara-Murza, F. Klose, P. Champagne) and others. In recent decades, in the study of aggression in children and adolescents in Russian psychology, the greatest attention has been paid to: identifying the biological causes of aggression (A.M. Prikhozhan, A.V. Tolstykh, A.I. Zakharov);

(I. Lalayants); the role of family and family relationships in the formation of aggressive behavior, the search for ways to correct behavioral difficulties, including aggressive behavior; the specific features of aggressive behavior of students of different ages and gender differences (A.A. Rean, L.M. Semenyuk,); the study of the psychological characteristics of adolescent crime (D.I. Feldstein, L.N. Sobchik, S.N. Yenikolopov); the influence of the media on the development of aggressive behavior in children and adolescents, as well as the study of the relationship between reducing violence and a tendency to aggressive forms of behavior (E.O. Smirnova, S.N. Yenikolopov, V.M. Kholmogorova); study of the characteristics of aggressive behavior in

preschool children (T.V. In studying the causes and mechanisms of aggressive behavior in adolescents, we relied on the doctrine of the laws and conditions of the development of the child's psyche (I.S. Vygotsky, A.N. Leontiev, D.B. Elkonin, etc.), scientific principles of personality development (L.I. Bozhovich, I.F. Dugina, I.F. Y.B. U.); parent-child relationships (M.I. Lisina, O.A. Karabanova, E.O. Smirnova, A.B. Kholmogorova); personality aggression and aggressiveness (D. Dollard, S.N. Enikolopov, N.D. Levitov, T.G. Rumyantseva, N.N. Tolstikh, L.M. Semenyuk, A. Bandura, A. Bass)[4]. Among the factors contributing to the development of aggressive behavior in adolescents high levels of parental discipline; emotional rejection, inconsistency, conflicting parents, and lack of cooperation between parents and adolescents; dissatisfaction with the parent-child relationship of aggressive adolescents and parents (aggressive mothers and moderately aggressive adolescents). It is important to understand the family educational factors and the characteristics of the interaction between adolescents and parents that have the greatest impact on the development of aggressive behavior in adolescents[5].

The stable factors of the mother's interaction and attitude in the perception of aggressive adolescents are demandingness, harshness, control, low emotional closeness, rejection, low level of concern for adolescents, inconsistency in the relationship of mothers with adolescents, confrontation and dissatisfaction.

The stable parameters of paternal upbringing in the perception of aggressive adolescents are inconsistency and inconsistency of upbringing [4]. Adolescence is one of the most complex stages in human life, during which physical and mental changes of the individual occur. Adolescent aggression (aggressiveness) is one of the most important topics in the fields of psychology, pedagogy and sociology today.

Aggression is a complex of behaviors aimed at consciously causing harm to others or oneself. Scientific research divides aggression into various forms:

Physical aggression - causing bodily harm to others, hitting, fighting.

Verbal aggression - insults, shouting, threats.

Indirect aggression - gossip, incitement, psychological pressure.

Self-directed aggression - self-harm, suicidal behavior.

Causes of aggression in adolescence

Various factors can cause aggression in adolescents. Researchers divide these causes into the following main groups:

1. Biological factors - hormonal changes (increased testosterone levels increase aggression in male adolescents). Individual characteristics of the nervous system. Genetic predisposition (if parents have aggression, this behavior can also be passed on to a son or daughter).

2. Family factors - severe punishment of the child by parents. Violence or indifference in the family. Parents' inability to establish emotional connection with the teenager.

3. Sociocultural factors - peer pressure or discrimination at school. Content in the media that promotes aggression (crime films, violent games). Negative influence of the circle of friends (propensity to commit crimes).

4. Personal characteristics - impulsivity (inability to control emotions). Low social skills. Difficulties with self-awareness and control.

If aggression in adolescents is not eliminated in a timely manner, it can lead to the following negative consequences: Unpleasant relationships and criminal behavior in society; The teenager's future social problems; Development of mental illnesses (depression, stress); Increased likelihood of harming oneself or others during adolescence. Support projects for young people that promote peace, tolerance and mutual respect. Excessive restriction of adolescent freedoms in the family or,

conversely, chronic indifference on the part of parents also leads to the formation of aggressive behavior. Aggressive behavior can also be formed when the freedoms of an adolescent are excessively limited in the family or when he is given excessive freedoms. If a teenager is used to the fact that all his needs are quickly satisfied in the family, he will react aggressively to those who interfere with his needs in the peer group.

Demonstrativeness - purposeful, conscious behavior aimed at making a certain impression on others, expressing himself in a unique way, “playful” actions in behavior and overestimating himself and emphasizing the “I-image” [3]. Adolescence is one of the stages in human life, rich in complex psychological processes. During this period, physical, emotional, and social changes occur in the body, which significantly affect the mental state and behavior of the teenager. It is during this period that cases of aggression among adolescents are most common. Aggressive behavior is an act or intention aimed at deliberately causing harm to others, which is expressed verbally, physically, or socially. During adolescence, this behavior occurs under the influence of the following factors: 1. Psychophysiological changes. Hormonal changes, especially an increase in testosterone levels, can increase the impulsivity of a teenager. This, in turn, leads to aggressive behavior.

2. Identity crisis. According to Erikson's theory of psychosocial development, a personal identity should be formed in adolescence. If this stage fails, the teenager, unable to find his place, begins to express himself through discontent, rejection, depression or aggression.

3. The role of family and environment. According to R. Sears, children and adolescents acquire aggression on the basis of social learning - that is, by imitating the behavior of their parents, friends, teachers. Adolescents living in a conflict environment use aggression as a means of self-defense or gaining attention.

4. The influence of the media. Many studies show that aggressive scenes, violent films or video games lead to the perception of aggression as normal in adolescents.

5. Weak self-control. Adolescents have difficulties in controlling emotions and assessing the consequences, since they have an immature frontal cortex.

As a result of these factors, aggression can manifest itself in several forms among adolescents: Physical aggression - hitting, pushing, throwing things, verbal aggression - insulting, teasing, social aggression - excluding from friends, trying to tarnish one's reputation, internal aggression - self-harm, self-blame or suicide. Therefore, early detection of aggression in adolescence and in-depth study of its causes and manifestations are psychologically and pedagogically important. In this regard, it is an urgent task to carry out preventive work by improving the family, school and social environment of adolescents.

In some cases, the following phenomena are observed in the behavior of minors:

-use of alcohol, drugs,

-theatrical and suicidal behavior of adolescents, their

-joining groups and subcultures united under various ideas is noticeable is thrown.

One of the characteristic features of adolescent behavior is demonstrativeness. According to A.E. Lichko, a demonstrative reaction is “the most common among affective reactions in adolescent behavior.” Educators often encounter the problem of demonstrativeness in the behavior of adolescents. A teenager often attracts attention to himself through such methods as lies, stupidity, rudeness. Usually such adolescents are selfish, do not want to correct their shortcomings in their behavior. These actions are carried out not as a defensive method, but in order to win over others, to assert themselves, to attract the attention of others[1].

Many psychologists associate the concept of crisis development with “character accentuation”. Knowledge of character accentuation and individual characteristics of a teenager allows the teacher

to foresee the actions of a teenager[2]. According to G. Parens, aggression is self-defense, as well as protection of one's rights. A.A. Rean and S.L. Solovyova also put forward this idea.

Aggression can cause the manifestation of unpleasant traits in a person's character.

In a fearless form, it is hooliganism, in a fearful form, the inability to defend one's rights. Aggression also alternates with other types of delinquent and criminal behavior. Adolescents are characterized by a change in the forms of manifestation of aggression.

In conclusion, the results of studying the psychological foundations of the formation of aggression in adolescence show that aggressive behavior develops and is formed under the influence of various factors. This chapter examines the concept of aggression as a subject of psychological research and analyzes its various theoretical approaches. It was found that aggression in adolescence has its own characteristics, which can arise mainly due to age-related emotional instability, the complexity of the process of self-awareness, a crisis of personal identity, and the influence of external and internal factors. The tendency of adolescents to aggression often depends on their family upbringing, environment, group of friends, and social interactions, and it is important to deeply understand and correctly direct this process.

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