



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2020; 6(5): 36-39
www.allresearchjournal.com
Received: 28-03-2020
Accepted: 29-04-2020

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Psychological aggression in the family in adolescence

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Abstract

This article reviews aggression in adolescence in the family and society. Factors and reasons of occurrence of aggression in youth are analyzed in several ways, and their results are given in diagrams. Besides, the theory of researches of scientists and researchers is widely stated.

Keywords: Aggression, family, personal education, psychological factor, suppression of aggression

Introduction

The aggressiveness and its correction is one of the urgent issues of the current society. The adolescence aggressiveness causes a serious worrying of parents, pedagogy and psychologies. Aggressiveness is a negative factor in the forming a "person" in every child on threshold of adolescence. The reason of a bad behavior can be spoiled company, indifference of teachers/parents, media, aggravation of life conditions of a child and other not less significant complexities. However, one of the primal reasons is a type of intercommunication between a child and parents in family. Majority of experts consider that the main reason of child aggressiveness is in the lack of family education. The way the child behaves depends on the family relations. Family and education is a bridge, on that a child proceed from childhood to adulthood. Parents start building this bridge from the birth of a child, the stable it is, the easier for a child to cross it.

Main Part

Each age has its own characteristics, there are its own difficulties. The adolescent age is not an exception. This is the longest transition period, which is characterized by a number of physical changes. During this time there is an intensive development of personality - its second birth.

Since the middle of the last century, active research has been conducted on the causes of aggressive behaviour in teenagers. Every year the number of teenagers with deviant behavior, that is shown in asocial actions and displays of aggression in various forms, increases.

Proceeding from an urgency of the given theme, many domestic and foreign psychologists were engaged in a problem of aggressiveness of teenagers. They include such outstanding scientists as R Beron, N Platonova, B Kraikhi, V Stepanov, G Bochkaryova, E Kupriyanchuk, A Rean, A Antonov, K Lorenz and many others. In Uzbekistan, these issues were studied by G. Shomarov, G. Tulyaganova, S. Baratov, B. Umarov and others.

Child psychology describes different manifestations of aggression. These are not only fights and clashes with peers, but rudeness, cruelty, self-inflicted pain and demonstrative behavior. For the formation of adequate behavior among youth and for favorable resolution of conflicts, it is necessary to reduce the level of teenage aggression^[1].

Parents of teenagers play a huge role in solving this problem, but in most cases they do not understand that the emergence of aggression depends largely on the style of relationships in the family. Everyone knows that it is in adolescence the problems arise in the relationship between children and parents. The teenage period is a difficult age when it is easy for parents to lose contact with their children^[2]. Parents are required to simply wait through this time with minimal loss. Parents who use extreme severe punishment and do not control their children's activities may find that their children are aggressive and disobedient.

Aggression is mainly understood as malicious behavior, from evil jokes to murder. L.M. Semenyuk highlights the following interpretations of this concept:

“First of all, aggression is understood as a strong activity, a desire for self-affirmation;

Secondly, aggression means acts of hostility, attack, destruction, i.e. actions that harm another person or object [3]”.

Psychologists divided teenage aggression into several groups according to its degree of manifestation. This is one of those classifications:

Physical aggression - a direct physical attack somehow, an attempt to start a fight, punches or weapons, throwing objects to cause bodily harm;

Direct verbal aggression - an attack in any form that involved direct interaction and overt aggression or insubordination;

Indirect aggression - includes less obvious manifestations of verbal aggression, such as slander, denial of a request in order to offend the petitioner and instigation of aggression by others.

As mentioned above, one of the reasons for teenage aggression is the nature of the relationship in the family. Children's aggression finds its way out mainly in the family: a small child simply has no other environment. Many Russian psychologists: L.I Bozhovich, V.S Mukhina, L.S Vygotsky, G.P Bochkaryova, A.E Lichko and others, noted that harmonization of family relations is important for correct development of the child's personality. A decisive role is given to the family. It is in it that in the process of interaction and mutual influence of spouses, parents and children the foundations of norms and rules of morality, skills of joint activity are laid; world outlook, value orientations, life plans and ideals are formed.

We know that there are no identical families in society, each family is unique and each has a whole complex of psychological features. But there is also a common feature of all families - it is, as a rule, a pronounced emotionality of interfamily relations.

The identity of the child should be formed from early childhood. The teenage period is a difficult time for the whole family. It is a time when parents work on themselves in the first place. Experienced parents know how to raise their child and can form the right parent-child relationship [4]. Learn not to respond to the scream of a teenager, find inner resources to stay calm and wise. So you will be able to adjust and correct the behavior of the child. Uncertainty of parents leads to improper upbringing and exacerbate the relationship in the family. All this will have a negative impact on the personality of the teenager.

Aggressive behavior is characteristic of those teenagers who grew up in families where from early childhood the child feels lack of love, support and warmth, where parents treat their children indifferently. Only physical punishment is used as an educational method in such families.

G. Bochkaryova highlights the types of families that contribute to the formation of aggressive behavior in children and adolescents:

- With an unfavorable emotional atmosphere, where parents are not only indifferent, but also rude, disrespectful towards their children.

- In which there are no emotional contacts between its members, indifference to the needs of the child at the external well-being of relations. In such cases, the child seeks to find emotionally meaningful relationships outside the family.
- -with an unhealthy moral atmosphere, where the child is inculcated with socially undesirable needs and interests, he or she is involved in an immoral way of life [5].

The person identifies 4 disadvantaged situations in the family that contribute to the formation of aggressive and generally deviant behaviour in children and adolescents, for example:

- 1) Hyperopia of various degrees: from desire to be an accomplice in all manifestations of children's inner life (his thoughts, feelings, behavior) to family tyranny.
- 2) Hyperopia, which often turns into neglect.
- 3) The situation creating the "idol" of the family - constant attention to any motivation of the child and inordinate praise for the very modest success.
- 4) The situation creating "Cinderella" in the family - there are many families where parents pay a lot of attention to themselves and few to children [6].

In the course of our research, we conducted A Assinger's test to determine whether the children are correct in their relationships with others; to find out the assessment of aggressiveness in relationships and whether it is easy to communicate with them. For more objectivity of answers, it is possible to make a mutual evaluation when respondents answer the questions to each other [7].

This will help to understand how true their self-assessment is. The study involved 29 adolescents aged 14 years of Samarkand Secondary School No. 45 (12 boys and 17 girls). The test results are reflected in Table 1.

The data obtained allow us to note a higher level of aggressiveness in boys than in girls.

Let's look at the gender differences and identify a sample that shows that boys were identified:

- 1) A higher level of aggression (45 and more points) was scored by 4 people (33%).
- 2) Average level (36-44 points) - 6 respondents (50%).
- 3) A low level (35 and less points) was revealed by 2 teenagers (16.7%).
- 4) As for girls, we can determine here.
- 5) 45 and more points were scored by 2 girls (11.8%).
- 6) 8 respondents (47% of girls) scored from 36-44 points.
- 7) 35 or less points - 7 teenage girls, which is 41%.

At the same time, 35% of the respondents are inclined to its destructive manifestations, 65% - to isolation; however, these parameters are not related to their level of aggressiveness.

Table 1: The level of aggressiveness of girls and boys

Score	Girls	Boys	Overall
45 and more	2	4	6 teenagers
36-44	8	6	14 teenagers
35 and less	7	2	9 teenagers

We will consider these data in diagram1

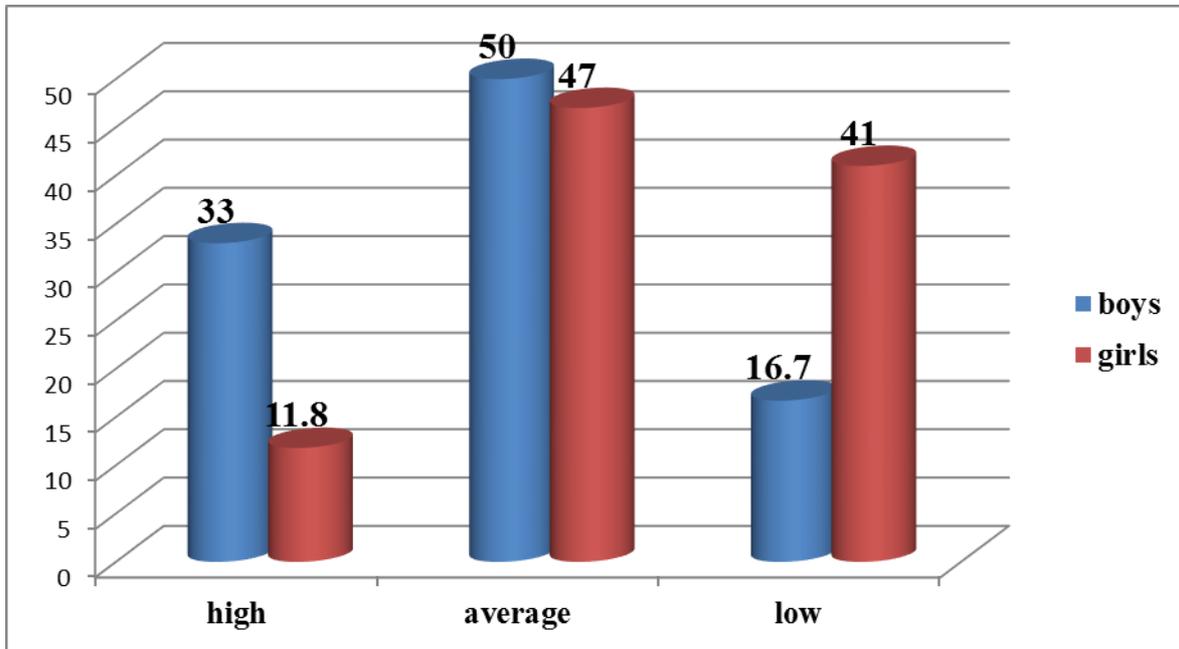


Diagram 1: The level of aggression of girls and boys

A total of 6 people (21%) identified the highest level, 14 girls and boys identified average level (48%) and 9

adolescents- a low level of aggression (31%). These figures are shown in Diagram 2.

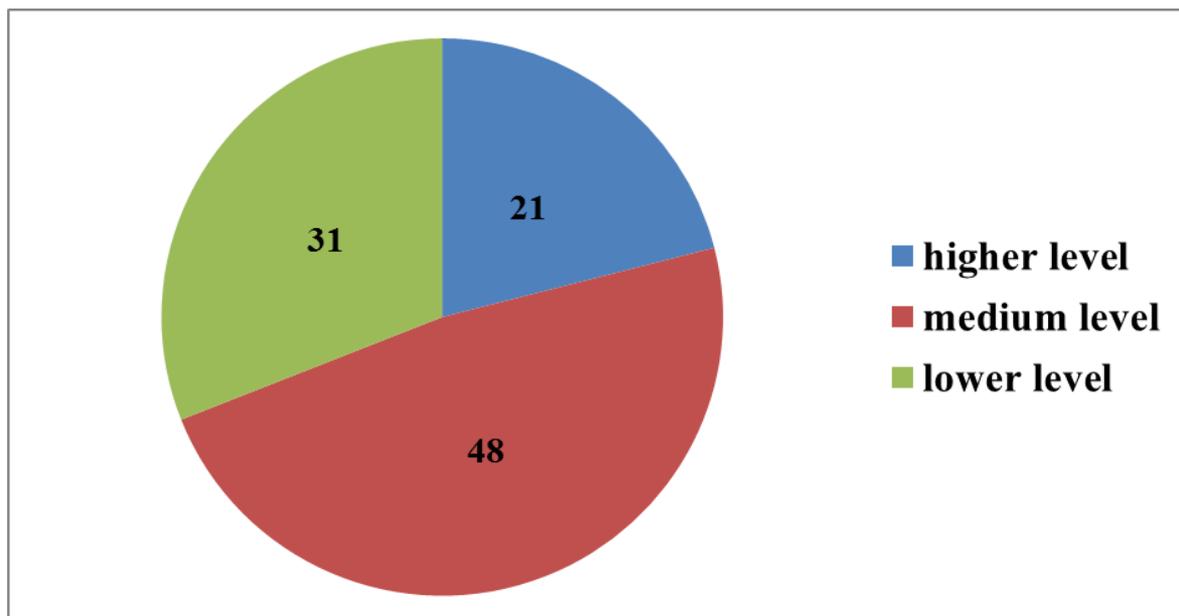


Diagram 2: Total data on respondents

About those who scored 45 points and above (high level) - we can say that they are too aggressive, while often unbalanced and cruel to others. These people hope to get to the “top”, counting on their own methods, to achieve success, sacrificing the interests of others around them. Therefore, you are not surprised by the dislike of others, but at the slightest opportunity you try to punish them for it.

Average level of aggressiveness (36-44 points) - you are moderately aggressive, but quite successfully go through life, because you have enough healthy ambition and confidence.

35 or less points (low level) - such people are excessively peaceful, which is due to lack of self-confidence. This does not mean that you are like a blade of grass bending in any wind. And yet more determination will not hurt you

And so, we can conclude that the surveyed teenagers have a high level of aggression.

As a result of the research, the following conclusions were drawn:

To avoid teenage aggression, it is necessary to start correct education from early childhood. If time is missed and the child displays aggression, it is necessary to reduce it to a minimum that the teenager has not caused harm to himself or others. It is practically impossible to eliminate teenage aggression at all, as in the transition age there are not only psychological, but also physiological changes in an organism which also promotes aggressive behavior.

Suppressing teenage aggression is not to show aggression yourself. Instead of calming the child, parental aggression often causes a "snowball" effect, only exacerbating the

situation. It is necessary to calm down and take control of oneself. By the way, the same concerns displays of aggression towards other family members: if the teenager sees that his or her parents are fighting, he or she can take an example from them.

We need to develop an optimal parenting style. Equally bad and authoritarian style (too rigid, not taking into account the opinion and desires of the child), and conniving (when parents, roughly speaking, do not care about the child and it grows by itself), and inconsistent (parents impose bans, and then forget about them, give the child promises, but do not fulfill). The most optimal style of upbringing is a decision-making style in which the final decision is made by adults, but taking into account the opinion and wishes of the child. If parents forbid something to their child, these are prohibitions, which are explained.

Conclusion

The teenage aggression can be forwarded in another direction. Sometimes sports and art assist to convert aggression into socially acceptable forms of behavior. Besides, a child can self-express through hobbies and winnings in various competitions.

Moreover, it should be noted that aggressiveness demonstrates in different ways amongst children and teenagers. This is conditioned by the levels of mental development and logic of a culture. Therefore, working on correction of one's behavior, you can issue from this components.

Teenage aggression is the most unpleasant experience in the adolescence, which is hard to overcome; however, it is not impossible to soften this period. A teenage's behavior is a request for help. Parents should find a golden mean: not to ignore and not to react too roughly on the destructive behavior of a child. Do not respond with aggression to aggression, try to be patient and remember you should be a parent, a friend and a supporter for your child while he/she is little. It is consistent of psychology.

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