

## Measures to eliminate or prevent the manifestation of personality aggression

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**Annotation.** Aggression or disagreement is a situation in which not only psychologists, but also sociologists, lawyers, educators, philosophers, social workers, and leaders of all walks of life are interested in the findings. After all, in order to study human nature and its aspects related to other people, it is necessary to study, know and control this aspect of behavior. In this article, the author focuses on personality aggression, how to overcome it, and how to prevent it.

**Keywords:** aggressive, psychology, psyche, behavior, theory, research, biological nature, etc.

American scholars Robert Beron and Deborah Richardson's 2000 book, *Aggression*, published in Russian in St. Petersburg, also describes a new approach to aggressive behavior. In particular, the book contains ideas from the main theories of aggressive behavior (psychoanalysis, cognitive theory, evolutionary, frustration, etc.), which the authors summarize and emphasize that such behavior has a more social nature than biological. Contrary to Freud's view that aggression is innate and biological in nature, research in recent years has focused on the way one person treats another and the way he treats himself. and proves that it is a means of protecting oneself from various dangers. The ability to control aggression, which is considered in the process of developing social skills, is based on the findings of American scientists. It is important to note that the role of family and family relationships, the group of tenors, and the media in the origin and manifestation of aggressive behavior is significant, especially when the first factor is influential. Children are often the victims of what they see in the family, of their parents' inappropriate reprimands, and sometimes of the "victims" of their aggressive relationships. That is, family unity, well-organized interactions, parenting styles, and management practices are important conditions to prevent and eliminate aggression. Research has shown that a child raised in a family where there are frequent conflicts between parents, disagreements, and conflicts between children in the family (brothers, sisters, etc.) is more prone to aggression. the rate will be high. Because a young child in particular is very sensitive and observant of conflicts and quarrels between others. That is why the culture of communication in the family, the values of communication that are instilled in the child's mind from an early age, positively affect his future relationships with others.

The physical form of the manifestation of aggressive behavior is most importantly reflected in children in the work environment and is the most aggressive of agricultural machinery operators. However, adolescents in this group have minimal negativity. Verbal forms of aggressive behavior are more common in mid-level employees than in family members. However, these adolescents have a relatively low level of aggressive behavior. Depending on the level of indirect aggression, there are primarily young people from supportive families and families from high-ranking families. Excessive negativism separates young people from intellectual leaders and families (doctors, teachers, engineers). The least aggressive behavior among young people among traders. This phenomenon affects not only the material wealth, but also the development in this environment, apparently, to smooth the conflicts that arise in the dream, but also to aggravate the situation, to prevent conflicts.

In general, if we talk about the differences between men and women in the manifestation of aggressive behavior, then the data available in personal studies allow us to draw a clear conclusion: men usually show a high level of aggression, but the differences are very high. not great. This conclusion is also supported by the results of intercultural research. However, with a detailed study of the available evidence, several important orders emerge. Gender differences in the manifestation of aggression are related to the aggressive behavior we are reading about. Typically, gender differences are more noticeable on physical dimensions than verbal aggression, as well as on line measurement compared to indirect aggression. In addition, the methodology for measuring aggression (peer assessments, observations, or experimental behaviors) affects the magnitude of gender differences. Whether or not gender differences in aggression have diminished over

time is debatable. The results of some studies suggest that previous studies have typically revealed a relatively significant difference in recent times. For this reason, some have argued that socialism is more important than biological processes in creating sexual diversity. Although there is convincing evidence of male aggression, it cannot be said that female aggression is a non-existent phenomenon. According to some reports, girls are more likely to exhibit indirect forms of aggression, such as aggression in interpersonal relationships (for example, in any of the series of contacts and rumors). Similar forms of aggression were more common in mature women than in men at the time. There were direct forms of aggressive behavior in men, but these behaviors usually took the form of rational aggression. Aggressive Behavior This category includes actions such as aggression that can be brought under reasonable grounds (for example, biased criticism, to whom the other person limits the likelihood of speaking).

Aggressive behaviors are indicative of early childhood, and boys are more likely to be abused than girls of preschool age and beyond. During adolescence, aggression paves the way with aggressive ways of resolving conflicts. If aggressive behavior persists, its consequences can also be devastating and often take the form of groups and collective violence in public order. From childhood to early adolescence, individual differences in aggressive behavior do not change substantially. However, although a small proportion of aggressive children are growing up, it is important that while others stop for aggressive behavior, others may find such behavior contradictory during adolescence without such a manifestation in the past. The late start of the show, on. It is found that aggression in childhood and adolescence is important, Cognitive Requirements - perception of aggression as very honest behavior, as well as the usual observation of other people's hostile intentions. If the family has experienced violence, including that the child is severely abused by the parents (the effects of aggression have been discussed previously. Chapter 3.), as well as if he is rejected by his peers, these cases are differences in the aggression of environmental factors associated with the individual. Juveniles, like children and adolescents, often exhibit personal differences in aggression. Individual differences in aggression-stimulating stimulus irritability, emotional sensitivity, and indifference/abnormality - all of these traits affect aggressive behavior. In addition, the ability to combat hostility with an attribute (interpreting the behavior of others as an enemy) is a necessary condition for adult aggressive behavior. Finally, a new approach to low self-esteem, but unrealistic high self-esteem, is particularly advocated. aggressive behavior. Self-esteem Individuals who are overly swollen and /or unstable are often at risk for risk and show aggression to restore positive self-esteem.

A study of gender differences in aggression revealed high confidence that men showed more physical aggression than women, but the difference was much larger. Men are superior to women in terms of verbal aggression, but the difference here is less than physical aggression. However, recent studies of women's aggression suggest that women are more likely to choose direct forms of aggression toward their relationships with others. Little evidence has been found regarding the role of the male sex hormone testosterone in explaining high levels of male aggression, and debates about explaining gender differences in aggressive behavior around the evolution and social-role approach. The social-role approach emphasizes the important role of gender roles and norms that should be adapted to the social behavior of men and women.

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