

## THEORIES OF AGGRESSION IN PSYCHOLOGY

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### **Abstract:**

The article examines the approaches of various scientists to the phenomena of aggression, and also assumes that aggression is related to the level of development of self-awareness, and theories of aggression in psychology are considered.

**Keywords:** **aggression, deindividuation, personal determinants, self-knowledge, self-awareness, aggression, psychology**

### **Introduction**

The relevance of the topic is determined by the need to study the nature of aggression, to prevent this destructive behavior, as well as to study possible ways to correct it. From the point of view of developing self-awareness, the importance of the topic is about the person himself is to study the influence of self-awareness as a stable system of ideas. To prevent motivated destructive behavior. In the practical work of a psychologist, from the point of view of solving psychological problems of a person, relevance is determined by the fact that the most important tasks that a psychologist solves are psychocorrective tasks. The need to solve them arises when a person in his behavior allows himself to violate the generally accepted norms that fully apply to aggression.

### **Materials and methods**

Psychological science emphasizes theoretical approaches to the explanation of aggression. Authors such as C. G. Jung, A. Adler, W. Reich, K. Horney, G. S. Sullivan, Z. Freud and others believe that aggression is an innate instinct. D. V. Winnicott, O. Kernberg believe that aggression hinders self-development. It is necessary to pay attention to the experience of studying aggression from the point of view of behaviorism and cognitive psychology. According to these directions, humanity was formed under the influence of social environment and socio-cultural factors. A. Bandura, A. Bass, L. Berkowitz, R. Beron, D. Dollard, N. E. Miller, D. Richardson, B. F. Skinner, R. Sears and others agree with these statements and study the characteristics of these behaviors .

Literature analysis.

There are many theories about the origin of aggression, in this article I propose to consider some of them.

In psychology, aggression is considered as a complex phenomenon that can have different causes and manifestations. There are several theories to explain aggressive behavior:

Frustration-aggression theory. According to this theory, aggression is the result of frustration, that is, the inability to satisfy one's needs or desires. For example, if a person does not get what they want, they may express their frustration in the form of aggressive behavior.

Social learning theory. This theory states that aggressive behavior is learned by observing other people. For example, if a child sees his parents or other adults being aggressive, he may learn to act in the same way.

Theory of biological factors. Some studies show that aggressive behavior can be linked to genetic factors or brain disorders. For example, people with low levels of serotonin in the brain are more prone to aggression.

Aggression can be manifested in different forms:

Physical assault. This is aggression manifested in physical harm to other people or property. For example, blows, kicks, fights, property damage.

Verbal aggression. This is aggression that manifests itself in the use of offensive, insulting, humiliating or threatening words. For example, shouting, swearing, insulting.

Psychological aggression. This is aggression manifested in psychological harm to other people. For example, intimidation, manipulation, discrimination, neglect.

Aggression can be both normal and pathological. Normal aggression is a natural reaction to a threat or frustration. It helps to protect himself and his interests. Pathological aggression is excessive, uncontrolled, and harmful to other people or property.

If you're experiencing aggressive emotions, it's important to learn how to deal with them in a healthy way. With support and the right strategies, you can overcome your aggression and improve your relationships with the people around you.

Aggression can be a force for advancement if directed toward positive goals and controlled by reason. Such aggression is called assertiveness. Assertiveness is the ability to protect one's rights and interests without violating the rights and interests of other people. Assertive behavior can help you achieve your goals, build healthy relationships, and manage stress.

## **Purpose**

To review the concept of aggression in different psychological schools, as well as to substantiate the assumption about the relationship between the manifestation of aggression and the level of self-awareness of a person according to R. Keegan's theory. Aggression is one of the complex psychological phenomena, and there is no clear general opinion about it. Certain mechanisms of influence on people through this phenomenon are distinguished.

## **Conclusion**

Building a person's self-awareness is important for preventing aggression in a person. A person who has developed self-awareness is less susceptible to the destructive influence of the crowd. The loss of personality affects the reduction of responsibility for one's actions. At the same time,

it was noted that the adult population does not always develop to the extent that a person can form his own ideas about the world around him.

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