

## THE CONDITIONS FOR THE FORMATION OF AGGRESSIVE BEHAVIOR IN INDIVIDUALS

*Fazliddinova Umida Shukhrat's daughter*

*TerDPi Faculty of Pedagogy and Social Sciences*

*Pedagogy and senior year of student of psychology*

[fazliddinovaumida145@gmail.com](mailto:fazliddinovaumida145@gmail.com)

**Annotation:** This article analyzes the conditions under which aggressive behavior develops in individuals. Aggression is influenced by a variety of internal and external factors, including biological, psychological, social, and familial conditions. The article explores how aggressive behavior can arise from genetic predispositions, brain activity, social learning, family dynamics, peer influence, and media exposure. Additionally, it discusses the psychological impact of childhood trauma and self-esteem on aggression. The article emphasizes the negative consequences of aggression, both on an individual and societal level, and provides recommendations for addressing aggressive behavior through psychological support, family counseling, and educational reforms. By adopting a comprehensive approach, the article suggests that the harmful effects of aggression can be mitigated.

**Keywords:** Aggressive behavior, Conditions for formation, Biological factors, Social factors, Psychological factors, Family environment influence, Peer influence, Mass media, Stress, Self-esteem, Physical health, Mental health, Crime, Violence, Psychological support, Individual therapy, Education system, Social education, Moral education.

### Introduction

Aggressive behavior is a widespread phenomenon throughout human history, shaped by various factors. Aggression is generally understood as a form of hostility, antagonism, or violence directed towards the external world. The formation of aggressive behavior in an individual is closely related to many internal and external factors, including biological, social, familial, and psychological conditions. This article will analyze the conditions for the formation of aggressive behavior and discuss the primary factors contributing to its development.

#### Definition of Aggressive Behavior

Aggression is the behavior exhibited by an individual when facing difficulties in self-regulation or interacting with others, often in response to external or internal threats. Aggressive behavior can manifest in various forms: verbal threats, physical force, insults, as well as psychological and emotional violence.

## Factors Influencing the Formation of Aggressive Behavior

### 1. Biological Factors

Biological factors play a significant role in shaping aggressive behavior. Research shows that certain genetic predispositions and neurotransmitters (such as serotonin and dopamine) contribute to the development of aggression. Additionally, changes in the brain, particularly in areas like the amygdala (the emotional regulation center), can influence aggressive tendencies. For instance, brain injuries or chemical imbalances can exacerbate aggressive reactions.

### 2. Social Factors

Social factors have a profound impact on the formation of aggressive behavior. Society and the environment in which an individual lives contribute significantly to shaping their behavior. Social models observed during childhood, the family environment, peer influence, and the media can all be contributing factors to the development of aggression.

**Family Environment:** Family violence or constant disputes between parents can foster aggressive behavior in children. A lack of respect and support among family members can lead a child to develop a sense of self-defense and aggression toward others.

**Peer Influence:** Interactions among peers, especially among adolescents, can also influence aggression. When individuals observe aggressive behavior within their peer group, they may imitate these behaviors to be accepted.

**Mass Media:** Exposure to aggressive behavior through movies, television shows, video games, and social media can increase aggression in individuals, particularly children. Studies have shown that prolonged exposure to violent content can lead to an increase in aggressive behavior.

### 3. Psychological Factors

Psychological factors also play a crucial role in the formation of aggressive behavior. An individual's emotional state, internal conflicts, and coping mechanisms for stress can all influence their aggressive responses.

**Trauma and Experience:** Childhood trauma or emotional abuse can disrupt an individual's emotional development, causing them to channel their emotions through aggressive behavior. For example, violence at home or insults from peers may instill negative emotions in a child, which are expressed through aggression.

**Self-Esteem:** The level of self-esteem also contributes to aggressive behavior. Individuals with low self-esteem or a lack of self-confidence are more likely to engage in aggressive behavior, particularly in situations where they feel threatened or diminished.

### 4. Social Problems and Stress

High levels of stress, changing economic conditions, social problems, and challenges in education can contribute to the emergence of aggressive behavior. When an individual faces difficulties in their personal life and cannot cope effectively, they may resort to aggression as a way to express frustration.

### Consequences of Aggressive Behavior

Aggressive behavior can have negative personal and societal consequences. These include:

1. **Disruption of Personal Relationships:** Aggression can damage relationships within families, friendships, and professional settings, as people tend to reject or avoid individuals who display aggressive behavior.

2. **Physical and Mental Health:** Aggressive behavior can have detrimental effects on an individual's physical and mental health. It can lead to increased levels of stress and anxiety, and is linked to conditions such as depression, heart disease, and headaches.

3. **Crime and Violence:** Aggressive behavior is often associated with criminal behavior and violence. Individuals who exhibit aggressive tendencies are more likely to engage in unlawful acts.

### Solutions and Recommendations

To prevent and address aggressive behavior, the following measures are recommended:

**Psychological Support and Therapy:** Individuals prone to aggression should receive psychological support and undergo individual therapy. This can help them manage their emotions and better control aggressive impulses.

**Family Counseling and Support:** Improving family dynamics, establishing better communication between parents and children, and reducing stress within the family environment can mitigate the development of aggressive behavior.

**Education System Reform:** Schools should implement social and moral education programs to guide students away from aggressive behavior and towards more cooperative and peaceful interactions.

### Conclusion

The formation of aggressive behavior is a complex process influenced by numerous factors, including biological, psychological, social, and environmental elements. Aggression often emerges from family violence, peer pressure, media exposure, and low self-esteem. If left unchecked, aggressive behavior can have harmful effects on an individual's personal life and society at large. Therefore, a comprehensive approach involving psychological support, family counseling, and educational reforms is necessary to prevent and manage aggressive tendencies. By adopting a systemic



approach, we can help reduce the negative consequences of aggression on both individuals and society.

### Reference:

1. Bandura, A. (1973). *Aggression: A Social Learning Analysis*. Prentice-Hall.
2. Bushman, B. J., & Huesmann, L. R. (2001). Effects of televised violence on aggression. *Handbook of media and mass communication theory*, 223-248.
3. Dollard, J., Doob, L. W., Miller, N. E., Mowrer, O. H., & Sears, R. R. (1939). *Frustration and aggression*. Yale University Press.
4. Eysenck, H. J. (1997). *Crime and personality*. Routledge.
5. Geen, R. G. (2001). *Human aggression*. McGraw-Hill.
6. Godbole, P., & Helsen, K. (2008). The role of media in the development of aggression in children. *Journal of Child and Family Studies*, 17(4), 584-595.
7. Huesmann, L. R. (2007). The impact of electronic media violence: Scientific theory and research. *Journal of Adolescent Health*, 41(6), 5-13.
8. Keller, M., & Block, C. (2010). *Aggression and violence in youth: Psychological and environmental influences*. Psychology Press.
9. Patterson, G. R., & Stouthamer-Loeber, M. (1984). A developmental perspective on antisocial behavior. *American Psychologist*, 39(12), 341-350.
10. Tedeschi, J. T., & Felson, R. B. (1994). *Violence, aggression, and coercive actions*. American Psychological Association.