

MANIFESTATIONS OF AGGRESSION IN YOUNG PEOPLE

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Abstract: this article provides information about aggression and its manifestation.

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Signs of aggression can be seen on many levels, from everyday to family, friendly and international. Young people, due to their openness and receptivity, are more susceptible to various suggestions and manipulations, as a result of which they "absorb" signs of aggression faster.

Aggression is a behavior that reflects a tendency to aggressive reactions when situations of frustration or conflict arise. Aggressive people are irritable, sensitive, can experience anger and rage.

- Alfimova M. V. and Trubnikov V. I. write that aggression can be associated with bad emotions, actions, motives and even negative attitudes. All these reasons can play an important role in behavior, but their presence is not always a prerequisite in the manifestation of aggressive behavior.

The aggressor does not have to hate the person whose actions he is pursuing. Many people bring more suffering to those who are treated well than to those with whom they communicate badly.

- A. H. Delgado believes that "human aggression is a behavioral reaction, which is characterized by the manifestation of force aimed at harming a person or society." A. Basse understands aggression as a "reaction". The term aggression describes a

situational or personal tendency to destructive behavior. At the same time, behavioral aggression does not always accompany aggression as a personality trait, and, conversely, aggression may not be externally expressed as aggression.

The purpose of aggression is not always clear. At the moment, the opinions of scientists differ. Some believe that the most aggressive behavior is not only the desire to harm the victim of aggression, but also the desire to give to others, exercise power and form a beneficial (preferred) identity. Aggressors may try to get their way or establish themselves in society.

Other scientists go even further and believe that aggression is something more than just coercion. From their point of view, aggressive behavior is often aimed at strengthening and controlling the attacker. The aggressor may attack the victim to satisfy his own desires, but, according to supporters of this approach, his main goal is personal dominance in relation to the victim.

For the study, we used: Aggressiveness test.

The questionnaire contains five diagnostic scales of aggressiveness.

- Verbal aggression: A person verbally expresses aggression towards another person while using insults.

- Physical aggression: some people show physical aggression towards others, sometimes using force.

- Subject aggression: people radiate aggression towards surrounding objects.

- Emotional aggression: Emotional alienation, suspicion, hostility, hostility, hostility when communicating with others.

- Self-aggression: A person is not at peace with himself, but in harmony. He lacks or weakens the protective mechanism of the "I". He is defenseless against aggressive environments.

In the course of the study, the following results were obtained:

1) The level of aggression in girls is mostly average, but there are indicators of a high level of aggression. Out of 100% of the subjects, 40% have a high level and 60% have an average level. Among them, the following types of aggression are distinguished: verbal, material and self-aggression.

2) The aggressiveness of the guys at this stage is average. Out of 100% of the subjects, 60% have an average level of aggression, and 40% have a low level. There are such types of aggression as: verbal aggression, physical and self-aggression.

It is worth noting that girls outperform guys in terms of aggressiveness, although physical aggression clearly does not prevail among them.

In the results, we see that direct physical and verbal aggression are more characteristic of guys. Girls are characterized by direct verbal and indirect verbal aggression, which we saw according to the results of the methodology.

Thus, based on our findings, we can draw the following conclusions:

1) The results show that girls are significantly more aggressive than boys. This makes you think about the reason for this behavior.

2) It was unusual to notice that some traits characteristic of boys also prevailed in girls, and some traits characteristic of girls also prevailed in boys. It follows from this that it is absolutely impossible to judge a person by his gender. You need to understand that all people are different and each person has their own feelings and emotions.

3) It is very sad that the level of aggression among young people is so high today. And, of course, I hope that in the future aggression will at least remain the same, and the maximum will fall. After all, youth is the future, and high aggression towards yourself, someone or something is not good.

References

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