

AGGRESSIVE AS A CHARACTER TRAIT AND PERSONALITY PROPERTY

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Abstract

As we know that over the past decade, aggression has become the subject of research both native and foreign by philosophers, psychologists and linguists. In the psychological literature, aggression is traditionally considered as an individual or collective behavior aimed at causing physical or psychological harm, damage, or destruction of another person or group of people

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In modern psychology, the concept of "aggression", in addition is distinguished to the concept of "aggressiveness". Scientists usually consider aggression as separate actions, deeds, and aggressiveness as a relatively stable personality trait, expressed in readiness for aggression, as well as in a tendency to perceive and interpret the behavior of another as hostile.

Studies by native and foreign psychologists show that aggressiveness is an integral feature of the personality of every person, but its manifestations are different - from minor emotional "outbursts" that are harmless to others to the commission of the most serious crimes. Most people are characterized by the so-called moderate aggressiveness - "the quality is more positive than negative", because in life there are many situations where the manifestation of the proper degree of aggressiveness is necessary. For example, the need to protect the weak or defend their rights, which is a situational aggressive reaction.

When people characterize someone as aggressive, they might say that he usually insults others, or that he is often unfriendly, or that he, being strong enough, tries to do things his own way, or maybe that he stands firm his convictions, or, perhaps, without fear, he plunges into the maelstrom of unresolved problems [1.451].

The well-known domestic researcher of aggression G. M. Breslav believes that aggressiveness is laid down in childhood, becomes a stable character trait and persists throughout a person's later life. Certain internal prerequisites that contribute to the manifestation of aggressiveness are formed already at preschool age [2.15].

In his monograph on the problem of aggression, Nalchajyan A. A. gives the following formulation of this term: "Aggressiveness can be defined as a stable attitude,

position, readiness to commit aggressive actions. Aggressiveness in the sense of an aggressive character is expressed in aggressive actions, discontent, hostility, etc.” [3. 25 - 26].

Y. M. Antonyan understands aggressiveness as a trait of a person, group or state and aggression as a corresponding behavior [4.10].

Y. Cialdini another researcher of the phenomenon of aggression characterizes aggressiveness as behavior with the intention of expressing one's superiority or self-confidence [5. 54].

A. D. Solovyova suggests that one of the most important personality traits that leave an imprint on the processes of social functioning is aggressiveness as a tendency to aggressive behavior [6. 24].

Aggression, according to the definition of K. K. Platonov, is “a mental phenomenon, expressed in the desire for violent actions in interpersonal relationships” [7.15].

B. P. Poshivalov proposes to understand aggressiveness as an individual predisposition to aggressive behavior, readiness to commit an aggressive act [8. 35].

One cannot but agree with K. V. Selchenko that the basis of any aggressiveness is one or another conflict - conscious or unconscious, fleeting or protracted, willingly inflated or forced to accept. In essence, any aggression is nothing but a manifestation of a person's active, active dissatisfaction with the conditions of life around him, his neighbors or himself [9.4-5].

In her dissertation research on the behavioral manifestation of aggressiveness in adolescence, N. A. Sablina writes that aggression is a set of certain actions that cause damage to another object; and aggressiveness ensures the readiness of the person at whom aggression is directed to perceive and interpret the behavior of another in an appropriate way [10.15].

The French psychologist E. Antier, in his work on human aggressiveness, notes that aggressiveness is an integral part of the essence of every person. It plays a significant role in the development and formation of the personality of children, and the role is no less important than love. Self-control, which requires a certain violence against oneself, becomes a source of energy and motivates such important qualities as self-determination, self-education, self-discipline. Aggression in its positive incarnation contributes to success in various areas of life, but only as long as it remains under the control of a person. This is not about the need to eradicate this feeling in a child, but about methods and means of mobilizing it for good purposes, for the benefit of the baby and those around him [11.5].

Thus, considering the various opinions and approaches of domestic and foreign researchers, we can conclude that many authors understand aggressiveness as a character trait, as one of the most important characteristics of actions and deeds that

determine and establish relationships between people; and also as a mood of an individual, a person.

I would like to briefly dwell on the types of aggression.

Social psychologists often make a distinction between indirect and direct aggression (L. Berkowitz , B. Walker , R. Baron , D. Richardson). Indirect aggression involves attempting to harm another person without overt face-to-face conflict. An example of such indirect aggression is malicious gossip. Direct aggression is behavior that aims to hurt someone in the face. It can be either physical - using weapons, urmoqs with fists, hands and feet, pushing or pinching - or verbal - ' bosqinchilikka asoslangan , swearing or threatening another person.

Another important difference is based on whether the aggression is emotional or instrumental. Emotional aggression is behavior aimed at causing harm to another person, giving vent to angry feelings that get out of control. If someone in a blind rage throws a chair at a colleague, this can be an example of emotional aggression. Instrumental aggression is causing harm to another person to achieve some goal - for example, in order to punish or increase one's status. Instrumental aggression also manifests itself in cases where a soldier kills an enemy to protect his life, or when a hired killer commits a murder for the sake of money [12.54].

The founder of psychoanalytic theory Freud identified the following 3 types of aggressiveness: impulsive - shafqatsizlik , sadism - sadizm, destructiveness - halokatli.

Famous American scientists R. Baron and D. Richardson distinguish the following types of aggression: hostile aggression, which aims to cause suffering to the victim, and instrumental aggression, when hujum on others does not aim to cause harm [13.2001].

Another researcher E. Aronson in his book also writes about two types of aggression - hostile and instrumental. According to him, "hostile aggression is aggression as an end in itself, and instrumental aggression serves to achieve some other goal" [14.185].

In psychology, in recent years, more often distinguish between "open" aggression as a physical hujum (or the threat of such an attack) and "hidden", manipulative aggression aimed at worsening the reputation and relationship of the "target". For the second type, even a special term is introduced - "relationship aggression", which can be considered as a subspecies of indirect aggression [15.425].

Aggression can manifest itself in a direct form, when a person with aggressive behavior is not inclined to hide it from others. He directly and openly confronts someone from the environment, expresses threats in his direction or shows aggressiveness in actions. In an indirect form, aggression is hidden under the mask of hostility, malice, sarcasm or irony in thus exerting pressure on the victim [16. 469].

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