



PSYCHODIAGNOSTICS OF STRESS AND AGGRESSIVE CONDITIONS

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Sherzod Akhmadjonovich Usmanov

Senior lecturer of the Department of Psychology of Fergana State University, Doctor of Philosophy in Psychology (PhD),

Siddikova Barno

*Magistr Fergana State University.
Fergana, Uzbekistan*

ABSTRACT

In this article, the literature analysis, psychodiagnostics, origin of stress and aggression, psychodiagnostics of signs and forms of aggression are described in detail.

Keyword

Stress, aggression, coping strategy, depression, aggression, dynamics of aggression, behavior.

АННОТАЦИЯ

В статье подробно описан анализ литературы, психодиагностика, происхождение стресса и агрессии, психодиагностика признаков и форм агрессии.

Ключевое слово

Стресс, агрессия, копинг-стратегия, депрессия, агрессия, динамика агрессии, поведение.

Introduction. Global experts emphasize that stress has become the "disease of the century". However, the stress of a person has a serious negative impact not only on his activities, but also on his mental and physical health. According to the World Health Organization (WHO), the cause of 65% of existing diseases is related to stress (footnote). According to the records of this organization, stress was included in the International Classification of Diseases under number 11 at the World Health Organization Assembly held in Geneva. According to the American Psychological Association, "stress ... is a major threat to human health, and if young people do not learn healthy ways to manage current stressors, it can seriously affect their health." league is emphasized. Therefore, it is one of the urgent issues today to study how a person's state of stress and aggression has a serious negative impact not only on his activities, but also on his mental and physical health.



The issue of educating young people studying in our country to be competitive and mature in all aspects, "creating all the facilities for the education of our enthusiastic young people who say they will get higher education, work on themselves and become knowledgeable" is on the agenda of our country is one of the main issues. In this regard, a comprehensive study of the psychological determinants of increasing resilience to stress in young people who are prone to negative complications of stress and aggression, scientific research in such directions as determining the possibilities of forming a stable behavior to stress by influencing their cognitive, affective, conative and physiological areas at the same time it is desirable to deepen research.

Literature analysis. Despite the fact that the problem of stress and aggression has been studied by many scientists, the number of works devoted to the research of stress tolerance is not very large. But in any case, several studies have been carried out in this direction. In particular, in the works of Russian scientists L.I.Ansiferova, L.G.Dikaya, the stability of a person to stress was studied in connection with its impact on the orientation of a certain goal, perspective plans for a certain period, and the organization of one's own activities.

The work on the influence of personal factors on overcoming stress was studied in the studies of V.I. Medvedev, V.E. Milman, V.D. Nebilitsyn, G.S. Nikiforov and others. The manifestation of human behavior in difficult life situations and the behavior known as "coping strategy" were studied in the researches of R. Lazarus, R. Thoits. A.A.Andreyeva, YE.I.Bast, Z.B.Kuchina, O.V.Loizgacheva, I.N.Menshikova, M.L.Khutornaya, V.A.Yakunin, etc., conducted research on determining the specificity of the development of resilience to stress in students.

In Uzbekistan, the study of mental states such as stress and aggression, as a subject of psychological research, has been researched by a number of Uzbek scientists in harmony with concepts related to it - mental crisis, nervous tension, mental tension, suicidal behavior. . In particular, it was reflected in the work carried out by M.G.Davletshin, G.B.Shoumarov and their students B.Umarov, E.Usmanov. In the works of Uzbek psychologists V.M. Karimova, R.N.Samarov, and B.N.Sirliyev, data analysis on the concept of "stress" was carried out.

The main part. The origin of aggression in general, the manifestation of aggression is considered as a person's readiness for hostile behavior. It is interpreted as not innate, but acquired in the process of interaction with society. The emergence of aggression is a very complex process in which various factors are involved. Often, hostile behavior is formed during childhood under the influence of the environment, parents, relatives, and peers. The child "learns" aggression by watching the people around them show anger and hatred, and this leads to an



example of someone from the child's environment. If the result of the manifestation of aggression is positive, then such behavior is reinforced in the child's memory as a means of manipulation to achieve any goal. Later, it becomes the cause of aggression in adults. Often, aggression occurs when someone tries to violate the safety of a person's physical or psychological personal space. However, this is not unreasonable. There are various reasons for aggression:

1. Situational factors. These include environmental influences. This may be the effect of temperature or climate; discomfort or pain associated with tightness, pressure, noise and or smells; cultural influence; exposure to alcohol or drugs; repressed anger.

2. Personal factors. Their second name is the internal factors of a person, because they include a person's inner thoughts, feelings, the area in which he is located. Often, the following types of personal factors are distinguished for the appearance of aggression: anxiety, hostility, tendency to depression; low self-esteem; underestimating one's abilities; difficulties in communication, the tendency to attach to a certain person; the presence of any psychiatric disorders.

3. Socio-psychological factors. These factors of aggression include factors that form in social groups. This is the country's development and standard of living; promote violence in the media and in society in general; low social status; dependence on social payments and benefits.

4. Behavioral factors. The word "behavior" means that these factors are associated with behaviors and actions that create difficulties for normal communication with others. They include: aimless spending of free time; lack of desire to do something and strive for more; vandalism; anti-social activities that lead to criminal liability.

Manifestations of aggression. Manifestations of aggression include anger, rage, anger, hatred. Often, these emotions cannot be controlled and, accordingly, pose a danger to others. Each of these basic emotions manifests itself in the following forms:

- Anger is a state as close as possible to aggression. Without anger, aggression is not possible;
- Anger - a minimal manifestation of aggression, indicating its possible onset.
- Hate is the worst form of aggression. Often, hatred can be a character trait, but it can also quickly take root and become chronic.
- Anger is a clear manifestation of aggression and is more common than anger. The cause of anger, that is, the subject of the patient's anger, is always more specific in its content and nature than others.



Signs of aggression. Manifestations of aggression are many and varied. They are determined by the form of aggression. This behavior consists of several components:

- Emotional component - manifested as the appearance of negative emotions: disgust, anger, rage, hatred, hatred.
- Cognitive component - it is presented as understanding and understanding of the situation, forming a planned and justified motive of aggression and distribution of the object.
- The volitional component is purposefulness and determination in the manifestation of aggression.

Conclusions and recommendations. In the psychology of Uzbekistan, the problem of emotional states observed in the course of a person's life has been widely studied. However, the history of the study of mental states such as stress and aggression and their psychodiagnostics have not been studied as a separate research subject.

The use of the following highly reliable methods to study the problem of stress and aggressiveness gives effective results:

1. Bass Darki's methodology for measuring aggressiveness dynamics. This methodology is intended for adolescents and adults, and determines the level of aggression in them.
2. "Methodology for determining the level of anxiety" developed by Ch. D. Spielberger is recommended for adolescents and adults. This methodology identifies different levels of anxiety in them. Among other things, it helps to identify anxiety about the person and the anxiety about the situation.

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