

## MANIFESTATION OF DESTRUCTIVE BEHAVIOR

**Abdikaxarova Ma'mura Akhrorjon qizi**

**4th year student of the Shakhrisabz State Pedagogical Institute**

**Abstract.** This thesis presents the basic concepts of destructive behavior. It also describes the forms of destructive behavior, its causes, and the role of destructive morality in society.

**Keywords:** Destructive behavior, psychological aggression, interpersonal relationships, emotional imbalance, social factors, stress and frustration, negative social environment, youth and destructive behavior, treatment approaches, preventive measures.

Many social problems observed in society today, especially violence, delinquency, alcohol and drug abuse among young people, are due to the destructive behavior of the individual. Destructive behavior is a behavior by an individual or group that intentionally or unconsciously harms themselves or others. Such behavior requires psychological, social and moral explanation. This thesis focuses on the psychological foundations, types, forms of manifestation of destructive behavior, as well as its negative consequences and preventive measures.

### 1. The concept of destructive behavior and its psychological foundations

Destructive behavior is a set of actions that are harmful, destructive, and destructive to oneself or others. The formation of this behavior is often associated with factors such as childhood trauma, family problems, social isolation, mental instability, and problems in interpersonal relationships. From a psychological point of view, destructive behavior appears as a subconscious expression of internal conflicts, feelings of dissatisfaction, and stress. When a person feels unaccepted in a social environment, he tries to draw attention to himself through behavior that contradicts social norms.

### 2. Types and forms of destructive behavior

Destructive behavior is divided into several main types: Autodestructive behavior - self-harm (alcoholism, drug addiction, suicide); Interdestructive behavior - aggression towards others (physical violence, psychological pressure); Social destructiveness - actions directed against society (crime, extremism, vandalism). Such forms of behavior are more common among adolescents, since during this period the formation of the personality continues and the sensitivity to the social environment is strong. Virtual

violence on social networks, peer pressure, lack of sufficient emotional contact with parents are considered the main factors of destructive behavior.

3. The consequences of destructive behavior and the need for preventive measures.

The negative social and psychological consequences of destructive behavior are numerous:

Disturbance of mental balance in the individual;

Deterioration of social relationships;

Increased crime rate;

Increased suicide rates.

To prevent destructive behavior, it is necessary to pay attention to the following:

Creating a healthy family environment;

Expanding psychological services;

Strengthening emotional education in schools and universities;

Introducing programs to increase stress resistance among young people.

Preventive measures include:

Creating a healthy communication environment in the family and school;

Strengthening the activities of psychological services (consultation centers, hotlines);

Developing emotional intelligence among young people, increasing stress resistance;

Promoting a healthy lifestyle in the media.

Destructive behavior is a complex psychological condition that is formed under the influence of internal and external factors of the individual, negatively affecting social life. Early detection and effective measures can help maintain social balance in society. For this, it is important to work together with families, educational institutions, psychologists and government agencies.

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