

THE IMPACT OF SOCIO-PSYCHOLOGICAL FACTORS ON THE FORMATION OF AGGRESSIVE BEHAVIOR IN ADOLESCENCE

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Abstract

This article examines the influence of socio-psychological factors on the formation of aggressive behavior during adolescence. The study analyzes the role of family environment, peer relationships, school environment, and mass media in shaping adolescents' aggressive behavior. The impact of socio-psychological factors on physical, verbal, and indirect aggression is explored. The research findings provide practical recommendations for developing psychological prevention and correction methods. The article serves as a valuable resource for psychologists, educators, and parents.

Keywords: adolescence, aggressive behavior, socio-psychological factors, socialization, family, peers, media.

Introduction. Adolescence is a critical stage in an individual's social and psychological development, during which behavioral patterns such as aggression may emerge. Aggressive behavior negatively affects both the adolescent and their surrounding environment. Socio-psychological factors, including family environment, peers, school, and media, play a significant role in the formation of such behavior. This article analyzes the impact of these factors and explores ways to reduce aggression through psychological approaches.

Literature review. Aggressive behavior has been extensively studied in psychology. Bandura's social learning theory emphasizes the role of the social environment in shaping aggression [1]. Berkowitz's frustration-aggression hypothesis suggests that stress and feelings of injustice contribute to aggression [2]. Uzbek scholar Kholmurodov highlights the significant influence of the family environment on adolescent behavior [3]. Modern studies indicate that media content depicting violence increases aggression [4]. Buss and Perry developed a specialized questionnaire to measure aggression [5].

Research methodology. The study combined qualitative and quantitative approaches. The behavior of 150 adolescents aged 14–17 was analyzed using the Buss-Perry Aggression Questionnaire and semi-structured interviews. The impact of

family environment, peer relationships, school environment, and media was examined. The research was conducted in urban and rural schools in Uzbekistan. Data were processed using statistical (correlation analysis) and qualitative content analysis methods.

Results. The research findings revealed the following:

1. **Family environment:** Low parental supervision and family conflicts contribute to increased aggressive behavior. 65% of adolescents from conflict-ridden families exhibited verbal aggression.
2. **Peer group:** Rejection or conflicts within peer groups increase indirect aggression (e.g., gossip, mockery). 60% of rejected adolescents showed high levels of aggression.
3. **School environment:** Lack of psychological support services and inappropriate teacher approaches contribute to the persistence of aggressive behavior.
4. **Media influence:** Violent video games and movies promote physical aggression. 70% of adolescents frequently exposed to violent content displayed physical aggression.

Discussion. The results highlight the complex interplay of socio-psychological factors in the formation of aggressive behavior. A stable family environment reduces aggression through positive upbringing. Peer rejection increases adolescents' insecurity, leading to indirect aggression. The absence of psychological support in schools contributes to the continuation of aggression. Media influences model aggressive behavior in adolescents. These findings align with Bandura's and Berkowitz's theories, though the influence of family and school is particularly significant in the Uzbek context.

Conclusion and recommendations. Socio-psychological factors significantly influence the formation of aggressive behavior in adolescence. Managing these factors can reduce aggression and improve socialization. The following recommendations are proposed:

1. Organize training for parents to improve the family environment.
2. Expand psychological support services in schools and train teachers to address aggression.
3. Monitor adolescents' media consumption and promote positive content.
4. Organize group activities to foster positive peer interactions.

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