



## SOCIAL-PSYCHOLOGICAL ASPECTS OF DESTRUCTIVE BEHAVIOR FORMATION IN ADOLESCENTS

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### Annotation

The article discusses destructiveness, causes of destructive behavior, and socio-psychological aspects of the formation of destructive behavior in teenagers, offers and recommendations.

**Keywords:** destructive behavior, teens, family, character, accentuation, extremism, anti-manipulative behavior, assertiveness.

At the end of the 20th century and at the beginning of the 21st century , mass murders, revolutions, wars, and terrorist movements intensified dramatically . No moral, religious, legal standards can stop the destructive activity of man. Even the most favorable conditions created for living cannot eliminate destructive activity, and at the same time it is reflected not only in the attitude of people to each other, but also to nature, cultural monuments, and ordinary objects. Taking into account the progress of technology and technology, destructive activity in the current period poses a threat not only to an individual or a social group, but also to states, countries and the whole of humanity and remains relevant.

Today , extremist and international terrorist organizations spread violence and radical views in society by inciting teenagers to violence, to lose their national identity, cultural-educational and family values under the guise of religious beliefs. keep coming . All this creates conditions for citizens to join the ranks of extremist and terrorist organizations. Unfortunately, in our country, some destructive groups attract teenagers to their influence in various ways and pose a serious threat to the security of the society and the state in the social and political sphere. According to the report issued by the World Health Organization (WHO) and the US Social Service Agency (Gallup) at the end of 2020, 730 thousand people commit suicide every year around the world . It



was also found that 16-27 years old is the most common age group for suicide. In our country, the issue of ensuring the rights and freedoms of teenagers, protecting their legal interests, and most importantly, raising a mature generation, has risen to the level of state policy. The creation of a strong legal framework for the protection of the interests of our youth is an important factor in the introduction of an effective social protection system and material and moral support of the youth. Currently, about 40% of the population of our country are minors. This indicator itself indicates how urgent the issue is. In this process, parents, neighborhood, educational institutions and the general public have a huge responsibility. An important issue before us is the prevention of delinquency and crime among teenagers. Because they are our future. Based on this, Uzbekistan has been carrying out important work in order to prevent various vices among young people, to ensure their rights and legitimate interests.

The future of our countries depends on how the young generation grows up, how they get an education, what conditions and "social progress" we create for them, President Shavkat Mirziyoyev said at the international conference in Tashkent. <sup>1</sup>In order to attract young people to the processes against radical ideas, the President suggested convening the Youth Council of the Central and South Asian countries in Samarkand in 2023. As mentioned, this platform serves to develop a meaningful action plan for expanding multilateral cooperation between the youth of our countries, creating favorable conditions for the self-awareness of the young generation, and sharing experience on the formation of a stable society. .

As the President noted, "Of course, we are doing great work on educating young people who think independently, have modern knowledge and skills, and have a strong life position. But to be honest, if we take into account the intense struggle for the minds and hearts of the people of the whole world, especially the youth, and the growing threats such as religious extremism, terrorism, drug addiction, and "Popular culture", "It is necessary to raise our children to a new level without slowing down our work in the spiritual and educational sphere of our children <sup>2</sup>. "

<sup>1</sup><https://xs.uz/uz/post/prezident-shavkat-mirziyoyev-muhim-tashabbuslarni-ilgari-surdi>.

<sup>2</sup>Mirziyoyev Sh. We will build our great future together with our brave and noble people. -Tashkent, "Uzbekistan", 2017, p. 17.



If we look at the scientific research work of the scientists in our country on this topic, we can see that the development of young people in physical and mental harmony, the prevention of various negative diseases among minors, the occurrence of diseases such as crime, deviance, alcoholism and drug addiction . socio-psychological factors affecting the outcome, such as demographic, legal and territorial characteristics of juvenile delinquency psychologists G. Shoumarov, T. Tolaganova , G. Samarov, E. Goziev, B. Umarov, V. Karimova, U. Kadirov and others to illuminate in their works .

Among the Uzbek scientists, AXYugay, SMToychieva, DXQharshibaeva, <sup>3</sup>in their scientific research, have shown that anti-manipulative behavior in students should be formed in educational institutions, and for this, it is necessary to pay attention to the educational process. In his scientific work, R. Samarov <sup>4</sup>identified the destructive behavior in the society, analyzed their methodological bases, showed the factors that have a negative impact on development, and based on the national interest of each country, highlighted the level of danger of the problem, emphasizes the need to give a political tone. Destructive behavior - behavior that is contrary to the social behavior accepted in society, aimed at denying any alternative ideas.

The term destruction is derived from the Latin word "detsructio", which means the destruction of something. In psychology, destruction refers to a person's destructive attitude toward himself, others, and the outside world. Destruction in a person, as a characteristic of a person, develops when his inner energy cannot be released due to the inability to express himself, the limitation of the opportunity to use his capabilities, the lack of communication techniques, the environment of mutual intolerance. Destructiveness in a person can be evaluated as a result of obstacles in his self-expression. Character accentuation, if not nurtured, will undoubtedly lead to destruction in the future. Therefore, timely diagnosis of character accentuation and destructive behavior and conducting psychocorrective work are important in youth education.

Destruction is disintegration, breakdown, and crisis, while destruction of the individual is the destruction of the individual's imagination, loss of mental abilities and skills, turning into a socially dangerous or harmful person for society under the influence of processes that hinder mental development.

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<sup>3</sup>in Uzbekistan and its development prospects . - Tashkent , 2008. - P. 434-435.

<sup>4</sup> Samarov RS Political psychology: study guide. - T.: UzMU, 2008.



There are the following concepts with a destructive essence, meaning:

- destructive effect (mechanisms that have a destructive, destructive effect on the life, activity, protection of the state, society, group or person);
- destructor, destructive person (a person who has a destructive, destructive effect on others);
- destructive activity;
- a person to whom destructive activity is directed (victim of destructive activity);
- destructive program (a work plan with the purpose of destructive activity).

According to the special literature and sources, the concept of destructive activity means the form of special activity of a person directed towards the external world. The essence of this activity is manifested in the destruction or attempts to destroy various objects or systems . Destructive activity can be directed at other people, society, state, natural environment, cultural-historical monuments, various objects, as well as at the person himself (personal downfall, crisis, suicide).<sup>5</sup>

Adolescence is the period from 10-11 years old to 14-15 years old. Today's teenagers have some physical, mental and political advantages over their predecessors. For most students, the transition to adolescence usually begins in the 5th grade. The definition "a teenager is no longer a child, but not an adult either" expresses the important character of adolescence. Adolescence is a period of transition from childhood to adulthood, characterized by physiological and psychological characteristics. At this stage, children's physical and mental development accelerates, their interest in various things in life increases, their desire for new things increases, their character is formed, their spiritual world is enriched, conflicts escalate. Adolescence is a period of puberty and is characterized by the emergence of new feelings, sensations and complex situations related to sexuality. Adolescence is often characterized by negative characteristics such as reluctance, stubbornness, stubbornness, not recognizing one's own shortcomings, and belligerence. At the age of adolescence, the emergence of the most psychologically important feeling - the feeling of coming of age or adulthood is of particular importance . During adolescence, great qualitative changes occur in the growth of inner freedom, self-awareness, and independent behavior.

<sup>5</sup>Umarali Kadyrov. "Psychological aspects of protecting young people from destructive influences" Monograph// Tashkent-2013.



Another state of autonomy observed in adolescents is spatial autonomy. According to this, teenagers should be alone as much as possible in their room, doing some work or being alone as much as possible when they are in any place, especially their parents, he tends to stay away from family members and spend time with his own women <sup>6</sup>.

It is known that a child needs someone's care from the day of birth. Parents and other relatives feed him, clothe him, educate him and keep the child under regular supervision. They support the child in every way, and the child feels the need for such support and encouragement.<sup>7</sup>

During adolescence, drastic changes occur in the body in connection with the activity of the endocrine glands . Especially the hormones secreted by the thyroid gland and the pituitary gland act as a catalyst for the metabolism in the body. Because the endocrine and nervous systems are inextricably linked . Accordingly, the period of adolescence is characterized by a sharp increase in strength, on the one hand, and an extreme sensitivity to pathogenic influences, on the other hand . Therefore, mental or physical overexertion, long-term nervous tension, affects, strong negative emotions (fear, anger, sadness) can cause endocrine (menstrual cycle) and nervous system dysfunction . Such disorders are manifested in increased sensitivity, lack of self-control, restlessness, irritability, laziness, decreased productivity at work, and sleep disorders .<sup>8</sup>

Sh. Mirziyoev regarding this issue: "At the same time, the turbulent situation in some regions of the world leads to the increase of population migration, which, in turn, leads to the spread of terrorism and extremism and their becoming one of the global problems. In such a situation, preserving our national statehood, independence, peaceful and peaceful life and security of our population is becoming the most important task for us," they said. Our young people are well-educated, highly capable, hardworking and honest, patriotic, educating people as perfect people is becoming more and more important in today's age of globalization and technology. So why? To answer this question, it is enough to look at the world today. The main participants in the various bloodsheds, riots,

<sup>6</sup>F. Babajanova, Z. E shankulova . "Family Psychology" . Gulistan-2015 .

<sup>7</sup>U. Kadirov. "Social and psychological features of protecting young people from the influence of destructive ideas" (Dsc) Dissertation. Tashkent-2019.

<sup>8</sup>G'.B. Shoumarov A psychologist's 1001 answers to 1001 questions : T.: , 2014 – pp . 39-45





terrorist acts, and bloody conflicts occurring in different regions of the world - it is undoubtedly the youth. The question arises, how do those who lead the future owners to a dead end lead them to their house? The way to do this has become much easier in the age of the Internet. Today, it is difficult to find a young person who does not use various sites and social networks. Most of them are simple, they haven't seen the ups and downs of life yet, they haven't had time to recognize black and white, and they are very sensitive to whims. If these young men and women are promised a royal life, big money or a big career, that's enough, they believe it. The work moves forward as if pulling wool from the dough. In addition, today's modern technology makes it possible to hide the true nature of these groups, to make them look as innocent as white doves.

In short, instilling a love of books in teenagers from childhood, forming an independent mind and a broad worldview will be a solid foundation for their life paths. But in many villages and neighborhoods, the necessary conditions for this are still insufficient. Through the neighborhood work system, the responsible ministries and organizations will establish modern libraries in the neighborhoods, making it possible for the youth of the neighborhood to use these educational facilities free of charge and freely, is a promising solution to the problems in this regard. The role of the social or family environment in the origin of changes in their behavior is very large. Parents and relatives in the family, and every pedagogue in educational institutions are responsible for the education of a teenager. Parents in the family:

- to be more attentive to their teenage children ;
- allocate as much time as possible to the child ;
- to monitor the correct distribution of free time ;
- giving a positive opinion to their interests and establishing a friendly dialogue;
- we would like to emphasize that they should pay attention to recommendations such as monitoring the establishment of a culture of correct treatment of family members.

In educational institutions, pedagogues teach teenagers:

- teenager's activity in class ;
- attitude to the school team ;
- establishing consensus with peers ;
- paying attention to the interests and needs of students in the educational process;



- it would be appropriate to pay attention to the creation of conditions for their independent thinking and activities in the field of their interest.

We believe that these recommendations will ensure a smooth transition for teenagers. Indeed, the more spiritually mature our children are, the stronger their immunity against various foreign ideas and vices will be. It is not for nothing that young people are compared to sprouts. Seedlings that are cared for with care will surely turn into strong trees and bear sweet fruits. So, no matter how complicated and difficult it is in today's internet age, there is no doubt that our children growing up under high care will get good education, receive exemplary education, acquire modern professions and become a decisive force in the development of our country. Q.

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