

IS THE MECHANISM OF USING PSYCHOLOGICAL SERVICES IN THE
PSYCHOPROPHYLAXIS OF THE PHENOMENON OF VIOLENCE
(ON THE EXAMPLE OF RELATIONSHIPS IN THE FAMILY SOCIAL GROUP)

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Abstract. The process of determining aggression in a person is very complex, and it has been studied by social psychologists for a long time. Some social psychologists define aggression as the intentional harm to another person, causing physical or social damage, and in some cases, destroying the object of aggression.

In our opinion, this definition is correct, but we must take into account some limitations in the further development of our research. For example, if you ask a question to one of your family members and he does not answer you or refuses to answer, we do not see in this action an attack on someone's life or harm. In the same way, your neighbor sitting on the threshold disturbs you, but cannot harm you.

Keywords: spirituality, violence, family, society, science, spirit, relationships

Psychological research has shown that, no matter how interesting passive aggression is in itself, it is generally considered relevant in the process of solving the problem of crime.

At this point, we are only interested in identifying and studying aggression that violates our constitutional rights, acts of violence and violation. If we return to the neighbor sitting on the threshold, we can determine the purpose of his aggression by accusing him of violating his property rights. In general, the aggressive behavior, the type of aggression that we are witnessing, does not fall into the category of "passive aggression".

In classifying the types of aggression in a person using the example of family relationships, we will familiarize ourselves with the model proposed by A.G. Bass (1971) (see Table 1.1) 9 [9; 307].

1.1-jadval.

A.G.Bass bo'yicha shaxs agressiyasining turlari

Agressiya turlari	Agressor xatti-harakatlari ko'rinishi			
	To'g'ridan-to'g'ri faol agressiya	Bilvosita agressiya	To'g'ridan-to'g'ri sust agressiya	Bilvosita sust agressiya
Jismoniy agressiya	Zarba berish	Oyog'idan chalish	Xalaqit berish, ziyon yetkazish, to'siqlar	Vazifani bajarishdan bosh tortish
Verbal agressiya	Jabrlanuvchini haqorat qilish, nafsoniyatiga tegish.	Yomon mish-mishlar, yomon gap so'zlarni tarqatish.	So'zlashishdan bosh tortish	Kelishishni xohlamaslik yozma yoki og'zaki

From Table 1.1, we can easily distinguish between states that are related to the individual or confused with him. These differences only indicate the diversity of manifestations of aggressive states and the fact that their identification is quite complex. In this regard, a number of social psychologists have concluded in their studies that “it is very difficult to identify individual aggression.”

In his research, S. Feshbach (1964) divided aggression into 2 types in order to satisfactorily identify and classify it:

- aggressive (hostility);
- instrumental aggression.

These two types were distinguished by S. Feshbach according to their purpose and motivation (here the “right” of the aggressor is meant).⁷⁴ [74; 257-272].

In our research, we will mainly consider the “aggressive” form of aggression, that is, the type of hostility and harm. According to S. Feshbach, this is aggression that often occurs when anger is aroused, and it is manifested in aversive stimuli and effects (affects), that is, insults, slander, rumors, gossip and physical attacks with the aim of hitting the ground, personal misfortunes.

The goal of the aggressor in this case is to make the victim suffer. In his studies, S. Feshbach calls numerous murderers rape, defamation and other serious crimes, that is, “actions aimed at causing harm to the victim, hostile aggression.” The reason is that in such cases, the aggressor's actions are observed to be quick and angry (in strong excitement or external impressions, a person is unnerved) and the behavior seems to be related to the influence of external frustration (for example, an unemployed breadwinner may act out in excitement, or even shoot a motorcycle driver who has overtaken him, and, feeling satisfied with this, think that he has taken revenge on society) [; 257-272]. The second type, proposed by S. Feshbach - instrumental aggression - is considered a crime committed by a person with the aim of obtaining something (money, jewelry, place, territory). He is focused on getting something under any circumstances and removes obstacles on the way (breaks, destroys, and forcibly attacks a person). As S. Feshbach's research shows, an instrumental aggressor does not commit a crime with the intention of causing trouble to someone, but only with the intention of possessing something. If a person comes forward and becomes an obstacle, he coolly destroys him, without having previously planned to cause harm or suffering⁷⁴ [74; 257-272]. In our opinion, the coolness in the killer's actions during the execution of a planned robbery can be assessed as instrumental aggression. Instrumental aggression is usually an attempt to gain possession of something from the other party.

According to A. Bandura (1973), when assessing the state of the aggressor, the “social judgment” of the victim should be taken into account along with the harm he caused.⁶⁸ [10].

Based on our extensive theoretical research, we have seen that there are various definitions of aggression, which are as follows (see Table 1.2).

Table 1.2.
Foreign classical definitions of aggression

Agressiya – bu ...		
.	Arnold Gerbert Bass	boshqalarga xavf soluvchi yoki ziyon yetkazuvchi har qanday xulq-atvor.
.	Leonard Berkovis	boshqalarni xafa qilish, ularga ziyon yetkazish niyati bo‘lgan xatti-harakatlar.
.	Dolf Zilmann	boshqalarga jismoniy zarar yetkazadigan, shunday niyat bilan amalga oshiriladigan harakatlar.
.	Robert Beron, Debora Richardson	boshqa tirik mavjudodga ziyon yetkazishga qaratilgan, o‘zi unga nisbatan qo‘llanishiga qarshi bo‘lgan har qanday xulq-atvor.

David N. Daniels, Marshall F. Gilula, and Frank M. Ochberg define aggression as: “An act intended to cause physical or psychological harm to another, or an attempt to destroy a person or object.” This includes all types in A.G. Bass’s typology. Not all cases of aggression are criminal. However, the authors define all such acts of violence as destructive physical aggression, that is, an act intended to cause harm to another person or object. This is because violence can be premeditated or accidental, long-lasting or short-term. It can be short-term, very rapid, or at levels that are beyond control. It is always aimed at harming or destroying the victim or at seeking such an action” [73; 451]

Rolf Leber and Magda Stutzhamer-Leber advise researchers studying aggression to remember that aggressive actions can be overt or covert. According to Rolf Leber and Magda Stutzhamer-Leber, these two types of aggression are in turn differentiated into the following types:

1. Pattern behavior.
2. Emotions.
3. Cognitive process.
4. Development 24 [24; 333–354]

Overt aggression is a direct, overt attack on the victim in behavior, causing physical harm and damage. Covert aggression is hidden by its name, gossip, rumors, deception, lies, etc. In most cases, overt aggression weakens with age, becomes hidden, while covert aggression increases. However, if overt aggression is very strongly developed in childhood, they may also commit violent crimes as adults, for example, aggression related to private property²⁸ [28; 379–390].

Thus, in most overt aggression, anger, rage, and emotion are important. In covert aggression, the person's state is neutral and does not manifest any overt emotions. Theft, embezzlement, and similar "professional crimes" are common in life, and covert aggressors usually do not give in to emotion in such circumstances.

O. Kernberg united two branches of psychoanalysis, that is, he ensured the joint development of the “Theory of Tendencies” and the “Theory of Objective Relations”. He

proceeded from two basic ideas:

the first is that a person has two inclinations - libido and aggression;

the second is that the self-representation exists in certain relations with the object-representation [8; 45].

K. Bartol (2004) notes that cognitive processes are also distinguished, as are overt and covert aggression. Aggressive and violent people have a cognitive deficit (lack of thinking and decision-making), that is, they do not have the ability to resolve conflicts peacefully, they act "aggressively" without thinking deeply and are stuck. There is also a tendency to use violent methods that are compatible with certain cognitive processes, such as hostility towards hidden aggressors, feelings of deceit, insincerity. Covert aggressors do not display cognitive deficits in resolving conflicts, that is, in such cases hostility is not openly displayed. Instead, they steal by planning carefully, choosing the right time, weaving beautiful and convincing lies, and if there is a risk of being caught, they also find a plausible "alibi" [6; 352].

1.3-jadval.

Ochiq va yopiq turdagi agressiv xatti-harakatlar

Agressiya	Pattern xulq-atvor	Emotsiya	Bilimlar (kognitsii)	Shakllanish
Ochiq agressiya	Jabrlanuvchi bilan ochiqdan-ochiq to'qnashish; odatda u yosh ulg'ayishi bilan sustlashadi	G'azab, yuqori darajada qo'zg'algan	Ijtimoiy bilimlar kamligi, agressiv masalani hal etish uchun	Agressiya erta yuzaga chiqadi, ayniqsa o'g'il bolalarda
Yashirin agressiya	Yashirin makkorlik, g'irromlik; yosh o'tishi bilan kuchayadi	Kuchsiz ichki va tashqi taassurotga berilish, jinoyatchilarda: o'g'irlik, firibgarlik, aldov	Aldov qobiliyatlarini rejalashtirishning kognitiv xususiyatlariga asoslanishi	Jazodan qochish strategiyasi juda yaxshi rivojlanishi mumkin

Professional crimes, such as theft of company property and illegal use of information, are often carried out in a well-planned manner. Computer theft (cybercrime) is also a good example of covert aggression. The development of overt aggression in personal activities is observed very early, for example, we have all observed that boys usually resolve conflicts between themselves very quickly using overt aggression.

According to R. Loeber, M. Stouthamer-Loeber, "in people prone to open aggression, the

nature of hidden aggression may not develop in parallel. These people were not instilled by their parents with the laws of life, the general etiquette of “do not look at someone else’s property”. Such criminals usually come from families where there was no order in the family, where negative upbringing was practiced, and no one, never taught them to be polite, respectful, and honest” [17; 325-382].

The study shows that "no matter how they protect themselves, no matter how they learn to feed their families, they are criminals who are the result of indifference.

There are no people who teach them how to live right, who set an example, but rather, they demonstrate what they have seen in life and learned from the bad guys as open and hidden aggression. The strategy of selling stolen things from home, finding money, and deceiving theft through deception, inventing hidden, self-justifying methods, gradually develops from childhood. The influence of the environment is a great experience, and hidden aggression in them is formed in such a way It should be noted that not all overt aggression is prone to violent methods; this develops gradually in childhood²⁹ [29; 325-382].

M. Stouthamer-Loeber and R. Loeber also emphasize that “although some individuals do not show a tendency to overt aggression in childhood, they develop a tendency to overt aggression or violence in adulthood.

Although such late-onset aggressors are also considered rule breakers, not all aggression manifests itself in childhood and can later develop into extreme aggression [18; 127–148].

In conclusion, it should be noted that, along with overt aggressive acts that manifest aggression and violence, covert aggression crimes are also committed, which cause great damage to personal and economic property, as well as state property.

Modern social psychology is interested in the way people think, feel, and interact with each other in various social aspects of their lives, in their relationships with other people. It is not always appropriate to equate all definitions and explanations related to social processes with the opinions of scientists and the results of their research. The reason is that in social psychology, in everyday discussions, and in the frequent description of social phenomena, one can witness the use of different terms.

However, it is fair to associate the term "aggression" with the essence of the above situations, since this expression is increasingly firmly established in the specialized vocabulary of social psychologists and in everyday speech.

In the scientific field, one can observe a unanimous view of the concept of aggression as a negative or antisocial behavior. Science, in addition to basic accuracy, must provide very precise indicators of the criteria, that is, the ability to measure specific aggressive behavior.

A.G. Bass recommended defining aggression as a “reaction”, that is, as an act of oppression against another person, and classifying it.

At the same time, we will consider here such behavior: in which a person’s intention to harm someone fails to achieve his intended goal, he engages in aggressive behavior even if the bullet does not hit the target, even if the victim is not harmed at all. Looking at a person in need of help with indifference or indifference can also be included in the type of aggression intended to harm someone, as a form of aggression. The following details are related to the desire to escape from a harmful relationship on the part of the object. This approach is aimed at denying

aggression directed at oneself, in which both the victim and the aggressor are manifested in one person: these are suicide or self-harm (suicide), sadomasochistic sexual relationships, and the like [19; 307].

According to R.A. Baron, D.R. Richardson, the term “aggression” is used to refer to individuals who try to inflict any oppression, insult, or humiliation on someone [20; 7].

So, we can use this idea to describe the socio-psychological characteristics of the formation of interpersonal behavior prone to violence in the example of family relationships.

Conclusion 1. Aggression and acts of violence are assessed as overt aggressive acts in terms of appearance, and in them, mainly, anger, rage, and emotion are important.

2. In covert aggression in the context of family relations, the state of each family member is neutral and occurs without overt emotions.

3. The term “aggression” can be used to describe any actions aimed at inflicting oppression, insulting, or degrading someone, and can be used to describe the socio-psychological characteristics of the formation of interpersonal behavior prone to violence in the example of family relations.

4. Although conflict situations and conflicting situations in family relationships have been studied in scientific research, the motives for the emergence of violence have not been specifically studied.

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