

## METHODS OF ANGER AND AGGRESSION CONTROL IN CHILDREN

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**Annotation:** Today, the importance of managing anger and aggression in children is emphasized, and effective management methods are highlighted. Scientific-based approaches to identifying anger, developing positive emotional awareness, managing stress, and forming social skills are discussed. Additionally, the role of parents and caregivers is stressed, with special strategies and expert assistance provided for parents. These approaches have practical significance for parents. By preventing anger and aggression, we can ensure the healthy development of children and help avoid stress and emotional pressure, contributing to their social development.

**Key words:** Stress and emotional pressure, family problems, inability to express one's opinion, physical activity, origin of stress.

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Introduction. Anger and aggression are an integral part of human evolution. Aggression, as a survival instinct, has served humans since ancient times to protect themselves from danger or to defend their territory. It is also observed in children as a natural reflex. For example, the first emotions that appear in newborn babies in the form of protest (crying) later turn into anger and aggressive actions. Emotions play an important role in human life, and anger and aggression are among the most demanding emotions. Especially since children do not yet have enough experience in expressing and managing their emotions correctly, these situations can lead to serious problems. Anger and aggression affect not only the child himself, but also his family members, peers and social environment. Therefore, studying methods of managing anger and aggression in children and applying effective approaches is a pressing issue today. Managing the emotional state of children and their behavior is one of the most pressing issues in the family environment and in pedagogical activities. Although anger and aggression are natural emotions in human life, improper management of these emotions in children can lead to various problems. Today, aggressive behavior in children is caused by family conflicts, stress at school, failure in games, or conflicts with friends. Psychological studies show that children's aggressive reactions often arise from the inability to express their feelings in words or from the need to get attention. This not only reduces their self-confidence, but also makes it difficult for them to adapt to the social environment. Therefore, anger management in children is an important factor not only in the formation of emotional stability, but also in their development as successful individuals in society. It occurs as a result of failure in games or conflicts with friends.

Anger and aggression in children are mainly caused by emotional state, low self-control, family and environment, social influences, genetic and biological factors, insufficient self-awareness, and these problems are caused by family problems, such as stress, inability to cope with life's difficulties, and anger and aggression problems. Family problems are caused by conflict in the family environment, family conflicts, conflicts between parents or divorces, which cause emotional stress in children. These situations disrupt the child's sense of security and stability, which can result in aggressive behavior, and also lead to a lack of attention in the child, in which the parents' busyness or inattention to the child is used by the child to get attention through aggressive behavior. It is especially important to ensure emotional balance in children, because in this way, maintaining the child's mental and emotional stability has a positive effect

on personal development, social development and adaptation. What are these methods? It mainly includes 7 methods, including: Family environment and parental attitude. Creating a peaceful and supportive environment: The family is the first and most important place of upbringing for children. A peaceful and healthy family environment ensures the emotional stability of the child. Parental attention and patience: Parents play a major role in understanding the child's emotions, paying attention to them, and directing their emotions correctly. It is believed that they should teach the child not to get angry, but to express their emotions correctly.

In communication and emotions, teaching self-expression. The child should always be encouraged to speak openly. Allowing children to express their feelings openly and correctly helps them solve their internal problems. Listening carefully to the child when he is speaking and validating his feelings helps him to provide inner peace. In the meantime, it is important to positively reinforce and encourage children, because praising and encouraging a child when he shows good behavior helps to form emotional balance. Teaching patience and tolerance also encourages the child to find his place in society in the future and to be tolerant. In order for the child to learn to control his anger, it is necessary to give him the right explanation and encourage the importance of being patient. Currently, some studies show that aggressive behavior may be partly hereditary, and today we are troubled by such questions that these questions torment parents, namely;

1. "Anger is an integral part of childhood, but whose fault is it: nature or nurture?"
2. "Why do children get angry? Is it because of the genes in their blood or the tablet in their hands?"
3. "Did you know that what seems like a simple whim at first glance can turn into a big problem in the future?"
4. "Children are harmless when they are born, but when and how does aggression develop in them?"
5. "Anger is not a problem, but a signal. The question is, are we reading it correctly?"

Brain and hormones: Neurobiological studies have shown that the amygdala and prefrontal cortex play important roles in the regulation of anger and aggression. In addition, children with high testosterone levels may be more aggressive, and temperament also plays a role in this. Some children are naturally patient, while others are prone to anger.

Aggression should be expressed through words or alternative actions, not through hitting or yelling. For example, drawing, playing a sport, or playing a musical instrument can reduce stress. Encouraging good behavior reinforces a child's positive attitude. Saying things like "You didn't get angry today and spoke patiently - that's great!" encourages a child to make positive changes.

#### **The medical view of aggression**

From a medical perspective, aggression can be caused by a variety of factors:

Neurobiological factors: Some children may be aggressive due to differences in brain structure or imbalances in neurotransmitters (such as serotonin or dopamine). Autism spectrum disorder, ADHD (attention deficit hyperactivity disorder), or other psychological conditions can increase aggression.

In medicine, if a child is excessively aggressive and this affects his social life, a psychologist or pediatric neurologist may advise. In some cases, special therapy or medication is recommended. In terms of aggression, adolescence is one of the most difficult stages in a person's life, during which strong changes occur in the body. Aggression can be a normal occurrence during this period, because adolescents have not yet fully learned to control their emotions. There are many types of aggression in adulthood, including physical aggression - hitting, pushing, breaking objects.

Verbal aggression – insults, shouting, humiliation.

Internal aggression – self-harm, depression, self-loathing.

Passive aggression – learning to be indifferent, not talking, and withdrawing.

If aggression is too strong and negatively affects a teenager's life, professional help should be sought.

It is necessary to undergo medical examinations. In some cases, hormonal imbalances or mental illnesses (for example, depression, bipolar disorder) can cause aggression. In these cases, it is necessary to undergo a medical examination.

In very extreme cases, medication may be recommended on the advice of a doctor, but this is used as a last resort.

### Summary

In conclusion, anger and aggression are an integral part of human nature and emotional life, and they arise under the influence of various biological, psychological and social factors. If anger is controlled, it can be a means of motivation and self-defense, but if uncontrolled, it can lead to aggression, violence and negative consequences. To reduce and properly manage anger and aggression, people need to learn to cope with stress, find alternative solutions and manage their emotions. Family environment, education, society and personal discipline play an important role in this process.

Most importantly, it is important to approach aggression with understanding, managing it not through punishment, but through patience, proper communication, and psychological support. Then a person can use their emotions in a constructive way and become a healthy member of society.

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