

## AGGRESSIVENESS OF PRESCHOOL CHILDREN AND METHODS OF ITS CORRECTION

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### Abstract

Currently, the number of children with aggressive behavior is increasing. This is caused by many factors, including the deterioration of the social living conditions of children, the increase in pathological births, damage to the child's brain, and the promotion of violence by the mass media. Aggression is often found in mental illnesses. His therapy is primarily the medicine prescribed by the doctor. But in this case, psycho-corrective methods play an important role, because without them it is impossible for the child to adapt to the environment. Many studies have shown that aggressive children leave families with aggressive relationships. Therefore, the role of family therapy - a method of restoring the functional unity of the family by normalizing the relationships and mental health of family members - is very important. An important step in the work to correct aggressive behavior is to do personal work. In carrying out this type of work, the psychologist will study in detail the reasons for the child's aggressive characteristics, help him to overcome individual problems in emotional stability and personal spheres, help to determine what role the child can play in the group. The child, in turn, in this case can get acquainted with the rules and norms of correctional work, give impetus to internal changes, respond to aggressive manifestations under favorable conditions. The reasons for aggression in children may also depend on their health. Some body diseases or brain diseases, negativity of relations in the family affect the child. There are many classifications of aggression, but usually one person shows several types of aggression at the same time, they constantly change and overlap.

**Keywords:** aggression, anger, anxiety, fear, component, sublimation, fairy-tale therapy, color therapy, sand therapy, rice therapy, dough therapy.

Aggressive behavior is usually understood as external actions that violate the rules and norms of coexistence, causing suffering and harm to people. But when working with aggressive behavior, it is necessary to remember the emotional component of the aggressive period. These are emotions, and primarily anger. But aggression is not always accompanied by anger, not all anger leads to aggression. A strong-willed component is also important in dealing with aggression. In the first years, the child's life depends entirely on the parents: they provide him with food, protection, service and warmth with a sense of love and acceptance. One of the

child's mechanisms to attract attention to himself, a way to achieve his goals is the manifestation of aggressiveness. Therefore, the first manifestations of the child's aggression are already visible in the third month of life: he knocks his legs, claps his hands, and tries to get attention. There are many ways for parents to respond to their child's actions. But most of them do not give the child a proper response. Therefore, they can cause the child to be very aggressive: parents immediately fulfill all the demands of the child, parents ignore them. In the first case, there is excessive warning of parents, and in the second, emotional rejection of the child by the parents. However, an aggressive child can grow up despite the parents' appropriate reaction to such activities of a small child. When his needs are not met, the child responds with aggression. It can be anger, anxiety, fear. In order to restore psychological comfort, the child must change the situation in the right direction or restore his emotional balance despite the unfavorable situation. Controlled mechanisms of psychological protection in children have not yet been formed. Therefore, children usually try to change the situation and often show this with the help of aggression. If the child's behavior causes displeasure in adults, the child learns to control his aggression. The development of internal control is often done through the process of identification. Thus, the formation of aggressive behavior in children mainly depends on the adults around them.

### **Opportunities for the child to show aggression**

Aggressive behavior of children can be classified in different ways. Creating a basis for classifying the manifestation of child aggression, four categories of children can be distinguished:

1. Children who tend to show physical aggression are active, goal-oriented, determined, adventurous. They like to demonstrate their power, dominate other people, show sadistic tendencies. These children are less careful, characterized by poor self-control. They act recklessly, ignoring moral standards and moral restrictions.
2. Children who tend to show verbal aggression are characterized by mental imbalance, constant anxiety, doubt and distrust. They are active and effective, but in emotional manifestations they are prone to the background of depression. Therefore, most of the time, the appearance leaves a scary, arrogant impression. They are also characterized by their disappointment. The smallest problems can throw them off track. They do not hide their feelings and attitudes towards others and express their aggression in verbal forms.
3. Children who tend to show indirect aggression are characterized by extremely weak self-control, socialization of desires and low awareness of their actions. They look with pleasure at sensual pleasures, seek to satisfy their needs immediately. Circumstances, moral standards, and the wishes of others do not count. These children take criticism very poorly.
4. Children who tend to show negativism are characterized by weakness and impressionability, selfishness, self-indulgence, excessive self-awareness. Criticism perceives the indifference of others as an insult and immediately begins to actively express their negative attitude.

Aggressive behavior of children of different ages is distinguished by their types and forms. There are also differences in the aggressive behavior of boys and girls. After sending a request to the psychologist about the aggressive behavior of the child, the main diagnosis is made.

Various methods are used to obtain the necessary information: observation method, expert assessment method, questioning method, projective methods.

### **Personal Work with Aggressive Children**

In the correction of aggressive behavior, various methods are used in the following areas:

1. game (often used when working with young children),
2. creative self-expression (engaging in various creative activities),
3. sublimation of aggression into socially approved activity (work, social work, social work),
4. Sublimation of sports aggression,
5. participation in an educational group.
6. Practicing art therapy methods (fairy tale therapy, color therapy, sand therapy, rice therapy, dough therapy...).

Aggressive situations in children can be eliminated by using these methods.

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