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## REASONS FOR AGGRESSIVE BEHAVIOR OF STUDENTS IN EDUCATIONAL INSTITUTIONS AND ITS PSYCHOCORRECTION

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Adikalieva Ariwkhan

2nd Year Student In The Specialty Of Pedagogy And Psychology, Nukus Innovation Institute, Uzbekistan

### ABSTRACT

Aggressive behavior among students in educational institutions is a pressing concern that affects the overall learning environment, student well-being, and academic performance. Understanding the underlying reasons for such behavior and developing effective psychocorrection strategies is crucial for creating a safe and conducive educational atmosphere. This article aims to explore the multifaceted reasons behind aggressive behavior in students, ranging from individual psychological factors to environmental and school-related influences. By delving into these causes, we can better comprehend the complexity of the issue and identify targeted interventions. Furthermore, the article will discuss various psychocorrection methods that have been shown to mitigate aggressive tendencies in students.

### KEYWORDS

Aggressive behavior, educational institutions, psychocorrection, cognitive-behavioral therapy (CBT), anger management, social skills training, peer mediation, conflict resolution.

### INTRODUCTION

Aggressive behavior among students is a complex issue that can have significant impacts on both individual well-being and the overall school

environment. By comprehensively defining and recognizing the various forms of aggression, educators and mental health professionals can effectively

intervene and support students in need [3]. Physical Aggression, characterized by actions causing physical harm, is overt and visible. Verbal Aggression, through the use of words to inflict harm, can be equally damaging. Relational Aggression, often covert and insidious, targets social relationships and can have long-lasting effects. Understanding that some aggression is a normal part of development is crucial. Developmentally appropriate aggression includes occasional conflicts as children learn social skills. However, problematic aggression is persistent, severe, and indicative of deeper issues requiring specialized intervention. Assessing the frequency, intensity, duration, and impact of aggressive behaviors is essential. High frequency and intensity, prolonged duration, and significant negative impacts on individuals and the school community are red flags for problematic aggression. Intervening in cases of problematic aggression requires a multi-faceted approach. Implementing social-emotional learning programs, providing individual counseling, fostering positive peer relationships, and involving families in the intervention process can all be effective strategies. Establishing a safe and inclusive school environment is key to preventing and addressing aggressive behavior. Encouraging open communication, promoting empathy and conflict resolution skills, and implementing anti-bullying policies can help create a culture of respect and understanding. By proactively defining, identifying, and addressing aggressive

behavior in students, educators and mental health professionals can foster a school environment where all students feel safe, respected, and supported. Through targeted interventions and a commitment to promoting positive social interactions, schools can work towards reducing aggression and promoting healthy social-emotional development among students [5].

Aggressive behavior in students is a multifaceted issue influenced by a complex interplay of individual, environmental, and school-related factors. By delving into these causes, educators and mental health professionals can gain valuable insights to design effective interventions and support mechanisms tailored to address the root of the problem. Individual factors play a significant role in shaping a student's propensity towards aggression. Personality traits and temperament, such as impulsivity and low empathy levels, can predispose individuals to react aggressively in challenging situations. Children with difficult temperaments may struggle with regulating their emotions, leading to outbursts of anger and aggression. Mental health issues, including ADHD, ODD, and anxiety, can also contribute to aggressive behaviors as students may use aggression as a coping mechanism for underlying emotional distress. Environmental influences, particularly family dynamics and parenting styles, have a profound impact on a student's development of aggressive behavior.

Exposure to domestic violence, inconsistent discipline, and lack of parental supervision can contribute to the normalization of aggression within the family unit. Socioeconomic stressors, such as financial instability and community violence, can exacerbate feelings of frustration and helplessness, prompting aggressive responses as a means of self-preservation. Additionally, exposure to violent media content and community violence can desensitize students to aggression and perpetuate aggressive behaviors as a normative response to conflict. School environments also play a crucial role in shaping student behavior [1].

A negative school climate characterized by high stress levels, competition, and lack of support can foster aggression among students. Inadequate policies on bullying and violence may inadvertently enable aggressive behaviors to persist unchecked. Peer relationships and experiences of bullying can significantly impact a student's propensity towards aggression, as victimization or social isolation can lead to retaliatory behaviors or attempts to assert dominance in social interactions. Furthermore, the quality of teacher-student relationships and classroom management practices can either mitigate or exacerbate aggressive behaviors in students. In conclusion, understanding the multifaceted causes of aggressive behavior in students is essential for developing comprehensive intervention strategies that address the underlying issues driving such

behaviors. By considering individual vulnerabilities, environmental stressors, and school-related influences, educators and mental health professionals can work collaboratively to create supportive environments that promote positive social-emotional development and reduce instances of aggression among students. Through targeted interventions that address these root causes, we can foster a culture of empathy, respect, and conflict resolution within educational settings, ultimately enhancing the well-being and academic success of all students.

Aggressive behavior in students not only affects the individual exhibiting such behavior but also has profound consequences that permeate throughout the educational environment. Understanding these consequences is crucial for educators, administrators, and policymakers to recognize the urgency of addressing aggression in schools and implementing effective intervention strategies. Aggressive behavior disrupts the learning process by creating a hostile environment that impedes the academic progress of both the aggressor and their peers. Classroom disruptions and disciplinary actions can result in missed instructional time, leading to decreased academic achievement [4].

Students who engage in aggressive behavior may struggle to focus on their studies, resulting in lower grades and diminished motivation to succeed academically. For the aggressor, persistent aggression

can lead to social isolation, emotional distress, and a negative reputation among peers and teachers. Social isolation and loneliness may exacerbate underlying emotional problems, such as anxiety and low self-esteem, further perpetuating the cycle of aggression. Victims of aggression experience emotional trauma, academic disengagement, and social withdrawal, which can have lasting psychological effects and hinder their overall well-being. Aggressive behavior in childhood and adolescence is associated with an increased risk of criminal behavior and continued behavioral problems into adulthood if left unaddressed. Victims of aggression are at higher risk for developing chronic mental health issues and negative self-perception, impacting their long-term psychological well-being and life outcomes. High levels of aggression create an unsafe school environment, instilling fear and anxiety among students and staff. This erosion of school safety undermines the educational mission of the institution and contributes to a breakdown in trust and respect among members of the school community. A pervasive sense of insecurity can lead to decreased morale, impacting teacher retention and student enrollment. In conclusion, the consequences of aggressive behavior in students are far-reaching and multifaceted, affecting academic performance, social-emotional well-being, and the overall school environment. By recognizing these consequences and implementing targeted interventions that address the root causes of

aggression, schools can create a more supportive and nurturing environment that promotes positive behavior and enhances the well-being of all students. It is imperative for educators, parents, and community stakeholders to work collaboratively to address aggression in schools effectively and create a culture of empathy, respect, and conflict resolution for the benefit of all students.

### **Psych correction Strategies**

Addressing aggressive behavior in students effectively requires a range of psychocorrection strategies that cater to individual needs and the school environment. These strategies can be implemented at various levels, from individual interventions to school-wide programs.

#### **Individual Interventions**

Cognitive-Behavioral Therapy (CBT). CBT helps students identify and change negative thought patterns and behaviors. It focuses on developing coping skills and problem-solving techniques. Therapists work with students to manage anger, improve emotional regulation, and reduce impulsivity. Anger Management Programs. These programs teach students techniques to control their anger and express it in non-aggressive ways. Techniques such as deep breathing, counting to ten, and using “I” statements to express feelings are taught and practiced. Social Skills Training. Social skills training helps students develop positive interpersonal skills and improve their

interactions with peers. Role-playing and modeling appropriate social behaviors are common methods used to teach skills like empathy, cooperation, and conflict resolution.

### Group Interventions

**Peer Mediation and Conflict Resolution Programs:** These programs train students to help mediate conflicts among their peers, promoting peaceful resolutions. Trained peer mediators facilitate discussions between conflicting parties to reach mutually agreeable solutions. **Group Therapy Sessions.** Group therapy provides a supportive environment where students can share experiences and learn from others facing similar issues. Led by a therapist, these sessions focus on developing social skills, empathy, and coping strategies. **Social-Emotional Learning (SEL) Programs.** SEL programs teach students to understand and manage emotions, set positive goals, show empathy for others, and make responsible decisions. Schools integrate SEL into the curriculum through activities and lessons that build emotional intelligence and social skills.

### CONCLUSION

Aggressive behavior in students poses significant challenges within educational settings, impacting the academic, social, and emotional well-being of all involved. Understanding the multifaceted causes of aggression, from individual psychological factors to

environmental and school-related influences, provides a comprehensive framework for addressing these behaviors effectively. Implementing a range of psychocorrection strategies is essential for mitigating aggressive tendencies. Individual interventions, such as cognitive-behavioral therapy and anger management programs, help students develop emotional regulation and coping skills. Group interventions, including peer mediation and social-emotional learning programs, foster positive social interactions and conflict resolution. School-wide interventions, such as Positive Behavioral Interventions and Supports (PBIS) and anti-bullying policies, create a supportive and safe school climate. The role of educators and parents is crucial in this endeavor. Teacher training in managing aggressive behavior, de-escalation techniques, and collaboration with parents are vital components in creating a cohesive support system for students. Parental involvement in psychocorrection efforts ensures that positive behaviors are reinforced both at school and at home. Addressing aggressive behavior in students requires a holistic and proactive approach. By understanding the underlying causes and implementing targeted psychocorrection strategies, schools can foster a safer and more conducive learning environment. This not only benefits the students who exhibit aggressive behaviors but also enhances the overall health and harmony of the entire educational community. The collaborative effort of educators,

parents, and mental health professionals is essential in promoting the well-being and academic success of all students, ensuring a positive and supportive educational experience.

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