

PECULIARITIES OF AGGRESSIVE BEHAVIOUR MANIFESTATION IN THE SOCIAL ENVIRONMENT

Spytska Liana

ORCID: 0000-0002-9004-727X

Full Doctor in Psychology, Professor

Professor at the Department of Practical Psychology and Social Work

Volodymyr Dahl East Ukrainian National University, Ukraine

Annotation. Aggressive behaviour is frequently observed as a response for provoking acts (real or imaginary) by other persons. A person observing negative behaviour aimed at him and manifested by his social environment acts aggressively, attacking or defending himself with aggression. It can also be a conflict a person gets into or frustration, impossibility to overcome an obstacle.

Keywords: aggressive, behaviour, social environment, reaction, modern society.

Introduction.

Aggression frequently occurs as a reaction on factors causing negative emotions (resentment, envy, hatred, etc.). In case of possible self-aggression a person tends to blame someone but himself for his negative emotions and experiences. Sometimes being in an aggressive state a person sees aggressive response as only way. In this case one's field of view is narrowed in the ways of reacting to a negative situation.

The following factors can be defined as those causing aggression:

- social factors - different provocations; frustrations; object of aggression and his characteristics (sex, race); presence of other people who can encourage aggression or otherwise deny it and those who can punish or just being presented;
- external factors - noise, heat, closeness, odours etc.
- internal (personal) factors - attitudes and personal standards which are escalated in the stress situation, or when negative emotions are manifested. This is a system of personal standards and values, fear of social disapproval, irritability, hostility, level of self-control, properties of intelligence, development of skills (communication, empathy, sense of humour, etc.).

Main text.

Formation of the habit to react aggressively mostly begins in the childhood. Most people believe that men have a higher level of aggressiveness than women do. Psychologists confirm that there is a gender differentiation of aggressive behaviour among people. For example, men are more prone to direct ways of expressing their aggression (often physical way), and women express it indirectly (verbal, hidden way).

Types of aggression.

Direct aggression is aimed at a certain object, person or group of people.

Indirect aggression is aimed at someone or nobody. Aggression can be also divided into two types: physical and verbal.

Buss-Durkee hostility inventory (BDHI) suggests some more aggressive reactions.

Assault – a violent or vicious attack on an individual.

Irritation – expression of negative feelings being not really angry.

Negativism – tendency to resist from other people, and refusal to comply with rules and laws (can be manifested as either passive resistance or active response).

Resentment, envy, hatred towards the environment, real or imaginary acts (negative emotions).

Feeling of guilt – expresses a subject's possible belief that he is a bad person who does wrong, feeling of remorse.

Suspicion - ranges from distrust and caution in treating people to a belief that other people plan to harm someone and do this.

Verbal hostility is the expression of negative feelings both through the form (shouting, squeaking) and content of responses (curses, threats). [1]

Possible mechanisms of aggressive reactions formation.

The habit to react aggressively is formed in the early childhood. Negative emotions felt by a new-born are caused with permanent dissatisfaction with his primary needs, especially for food, love and safety. Aggression occurs as a reaction to negative emotions and desire to be protected from danger. It is frequently when small children reinforce an aggressive way of responding to a negative situation, observing the behaviour of adults in real life (family and non-family) situations and films.

In modern society, aggressive behaviour is categorically condemned. It is usually considered as unproductive, inhumane, destructive and ineffective. At the same time, the society positively assesses one's ability for self-protection or protections of others. This is considered as a sign of strength. The contradiction is that such a defence can be very cruel, aggressive.

Motivational tendencies.

The person has two different motivational tendencies related to aggressive behaviour: the tendency to manifest aggression and suppress it. The tendency to aggression is predisposition of an individual to evaluate many situations and actions of people as those with threaten him and desire to respond to them with his own aggressive actions. The tendency to suppress aggression is defined as an individual tendency to evaluate one's own aggressive actions as undesirable and unpleasant, causing regret and repentance, remorse of conscience. This tendency at the behavioural level leads to oppression, avoidance or condemnation of aggressive action manifestations. Sources of suppression of aggression can be both external and internal. The fear of possible retribution or punishment for aggressive behaviour can be given as an example of external sources where the experience of guilt for irrepressible, aggressive behaviour towards another living being can be an example of internal sources. The analysis of individual differences in aggression shows that people with a high motive of aggression experience anger first and only then adequately assess the situation that has caused the anger, while less aggressive individuals, before getting angry, study the situation more carefully.

Dealing with aggression.

Effective way in dealing with aggression may be an attempt to break "aggression-aggression" chain, investigate what encourages it, and identify alternative ways out of conflict situations.

Let us define some aspects.

Need to understand the situation causing aggression. Put yourself in another person's shoes; try to understand the reasons and motives of his behaviour. If positive motives are seen in one's actions, aggression may hardly occur. If a person realizes that one's observed aggression is not directed at him, then risk of an aggressive response also decreases. If a person understands that another person is forced to do something not at will in one or another situation, then an aggressive reaction may hardly occur.

Demonstration of restrained behaviour. When a person sees that it is possible to behave in another way, it gives positive results and he will try to behave accordingly.

Sense of humour. Researchers have noticed that people with a good sense of humour rarely react in an aggressive way; they rather play the role of "peacekeepers" that are able to defuse a tense situation. Negative emotions and laughter are incompatible things. If one thing dominates in one's mind, then there is no room for the other. From the other hand, if the aggressor has no sense of humour at all, then no jokes will work on him, only annoy.

Training on communication to overcome aggressive behaviour. Many people in our society do not have any basic communication skills. Modern people tend to understand individualism and independence as isolation. By depriving ourselves of human communication, we get rid of not only negative experiences, but also everything positive that communication can be associated with. Communicating to others allows a person not only to get information about others and the world, but also to understand himself better.

It is very difficult to deal with aggression if you respond aggressively. First of all, it is necessary to understand what aggressiveness is. It is frequently when negative emotions provoke aggression. In particular, when a person reacts aggressively to anger, fear, irritation, or something similar to this, it is possible either to free a person from negative emotions, or to react to them in a different way – through emotional self-regulation.

The problem of emotional self-regulation is extremely important in every person's life. The mental health, ability to coexist harmoniously with the environment and establish harmonious human relations depend on the ability of an individual to manage his mental state and correct it.

It is necessary to learn how to master sanogenic, rather than pathogenic thinking skills when analysing negative situations and try to discover what exactly provokes aggressiveness in a certain situation from different positions. There are two types of thinking: sanogenic and pathogenic. [2]

Sanogenic thinking is a special kind of thinking aimed at mental recovery of a person. It helps to avoid stress, teaches to neutralize negative emotions (do not restrain, do not suppress, do not keep them in one's mind); and understand, forgive and accept another person. For sanogenic thinking, it is common to reflect on a situation when analysing the situation itself and one's behaviour. A common feature for this type of thinking is self-separation from the image or situation; merging with it in the single whole; the ability to expand one's consciousness beyond the situation that gives rise to negative emotions; the ability to reflect and analyse it. Such mental operations as analysis, synthesis, ability to operate with abstract concepts, as well as

ability to put oneself in another person's shoes and meditation are used in sanogenic thinking.

Therefore, sanogenic (healing) thinking has the following characteristics.

First, mental activity includes self-separation from personal emotions and ability to acknowledge them. This self-separation from feelings makes one's feelings to be slowed down, release images from their "emotional negative energy".

Second, in case of sanogenic thinking, self-observation occurs in a state of deep inner peace. Then self-observation reproduces everything as if negative stress situations occur against the background of relaxation.

Third, sanogenic thinking is based on understanding the mechanisms and structure of those mental states controlled by the process of self-observation.

Fourth, sanogenic thinking involves acquisition of skills on a state of peace immersion.

Fifth, sanogenic thinking is impossible without a sufficient level of focus and concentration.

Pathogenic thinking is associated with negative experiences, emotional stress, reproducing in one's imagination stressful situations that can cause possible emergence of illness, neurosis, pathology.

Pathogenic thinking multiplies suffering of a person, causes emergence of disease and neurosis. Since such thinking is a reproduction of the situations being occurred in one's life in one's imagination, a person is forced to have constantly recurring thoughts. Such negative internal conversation has a negative effect on a person.

Aggression, as an acquired habit to respond to negative emotions, is absorbed more easily than many others. It is often considered as the simplest way (in terms of cognitive load) in a situation of conflict, frustration, etc.

Conclusions.

Therefore, if pathogenic thinking is characterized by automatism, fixation of one's consciousness on a certain object or phenomenon, merging with the situation, images, negative emotions in the single whole, inability of self-separation from the image or situation, then a common feature for sanogenic thinking, on the contrary, is self-analysis, reflection, the ability to expand one's consciousness beyond the situation that gave rise to negative emotions.

Most people are prone to pathogenic thinking. Sanogenic thinking makes a person mentally healthy, pathogenic thinking leads a person to mental diseases. In order to master sanogenic thinking skills, it is necessary to: learn how to separate yourself from the image or situation, understand the structure of a negative emotion, acquire self-analysis and self-reflection skills; be able to expand your consciousness.

References:

1. Donchenko O.A. Current problems of general and social psychology: manual / O.A. Donchenko and others; under general editorship of M.M. Sliusarevski. Kyiv, 2018. P. 495.
2. Anufrieva N.M. Social Psychology: manual. Kyiv, 2020. P. 296.