

Gender Characteristics and Aggressiveness

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Received: 25 February 2025; **Accepted:** 21 March 2025; **Published:** 24 April 2025

Abstract: This article analyzes the psychological study of aggressive states in adolescents, the formation and manifestation of aggressive behavior at certain stages of personality development, and gender characteristics.

Keywords: Aggression and aggressive behavior, gender, conditions for the formation of aggressive personality behavior, family relationships, aggression and delinquent behavior, adolescent psychology, psychological study.

Introduction: Currently, scientific interest in the manifestation of aggression has significantly increased. When studying aggression, psychologists are trying to identify the factors that cause it and examine family relationships. From a psychological perspective, aggression is a very complex state that does not arise from sudden impulses, but rather develops as a result of factors that have a long-term impact. In many cases, parental relationships have a more significant influence on the psyche of adolescents.

It is within the family that a child receives initial socialization. Through family relationships, the child learns to communicate with others, understands various types of behavior and interactions, and these concepts are retained during adolescence and adulthood. Parents' reactions to their child's inappropriate behavior, the nature of the relationship between parents, and the degree of harmony or conflict in the family are factors that influence the child's relationships with others during puberty. The process of identifying aggression in a person is very complex and has long been studied by social psychologists. Naturally, questions arise: if someone delivers a powerful blow to another person's stomach, is this aggression or not? What if someone playfully gives a light punch to someone's stomach? Does everyone agree that football or boxing matches are examples of aggression? What if someone spreads

harmful rumors? If someone sits on your doorstep and prevents you from passing, is this aggression or not? Some social psychologists define aggression as deliberate infliction of harm, physical or social damage, and in some cases, the destruction of the object of attack. We can say this definition is correct, but we need to consider some limitations. When you ask someone a question and they don't answer or refuse to answer, we don't see aggression or harm to someone's life in this action. Similarly, a person sitting on the threshold may disturb you but cannot cause harm.

METHOD

Adolescence stands out sharply from other age periods due to its intense nature. The adolescent period encompasses ages from 10-11 to 14-15 years. This stage is more tumultuous compared to other age groups because of the biological, psychological, and physiological changes occurring in the adolescent's organism.

Aggressiveness refers to a person's actions or emotions directed at deliberately or impulsively causing harm to other people or the environment. It is associated with numerous psychological and social factors, with gender also playing a significant role in this process. The relationship between gender and aggressiveness is among the widely debated topics in modern psychology, sociology, and neurobiology.

The term "aggression" comes from the Latin word "aggre^{di}," meaning "to attack." In psychology, there are different approaches to the term "aggression." Some scholars have a negative approach to aggression (H. Delgado, A.A. Bass, L.M. Semenyuk, G. Parens, A. Bandura, R. Walter, Y. Mozhginsky), while others view aggression positively (L. Bender, D. Richardson, R. Baron).

Aggressiveness is not only related to biological factors; social factors also play an important role. Gender roles and social expectations also influence the determination of what kind of aggression to accept or encourage.

Men and aggressiveness: Society expects men to be strong, resolute, and in control. This, in turn, leads to men perceiving aggression as a means of self-defense and achieving a high position in society. Men's aggressiveness is often linked to social status and the display of power.

Women and Aggressiveness: Women are traditionally expected to be gentle, courteous, and kind. Therefore, aggressive behavior in society is often perceived negatively for women. Women's aggressiveness has a greater social and emotional impact. They may display more manipulation and companionship in relationships with others.

Different characteristics of culture and society determine how to perceive and respond to gender-based aggression. Every aspect of culture governs the approach to aggression; in some societies, aggressive behavior of men is encouraged, while in others, this behavior is viewed negatively.

Social Factors and Gender Roles

In understanding aggressiveness, it is not enough to consider only biological factors. Gender roles and expectations established in society also shape the expression of aggressiveness. In every society, there are different behavioral expectations for men and women. These expectations influence how aggression is perceived or managed.

Men and social aggressiveness: In many societies, men are expected to be strong, dominant, and aggressive. Men may express themselves through physical violence or competition, as these are considered ways to demonstrate success and power in society. Competition, sports, and physical fights among men are often viewed as normal, which encourages aggressive behavior.

Women and social aggressiveness: Based on their expected social role, women are often emphasized to strive for peace, cooperation, and compromise. Women's aggressiveness usually manifests in passive

forms, such as indirect messages, ideological manipulations, or relational aggression. Although physical violence is less common among women, their aggressiveness is more evident in games and social interactions.

Culture and Gender Aggressiveness

The attitude of culture and society towards gender determines how aggression is perceived. In some cultures, men are expected to appear strong and aggressive, while in others such behavior is viewed negatively. In society, men's aggressiveness may be more encouraged because they have more rights and status, while women are expected to be more "harmless" and "gentle."

Some cultures encourage men to engage in physical aggression, such as fighting or sports. Women, on the other hand, learn more mutual assistance, solidarity, and compromise in social roles. However, these situations can change, as modern society has movements aimed at gender equality and reducing differences between men and women.

Overcoming Aggressiveness

Social and cultural changes are necessary to manage and overcome aggressiveness. Societies and education systems need to develop new approaches to combat aggressiveness by teaching mutual respect, empathy, and compromise. Avoiding gender stereotypes, managing aggressiveness through social means, and teaching people the right approaches to interpersonal communication can help reduce the level of aggressiveness in society.

CONCLUSION

The relationship between aggressiveness and gender is very complex and affects each person's life differently. Aggressiveness in men and women is often linked to biological and social factors, and these differences are shaped by societal expectations, upbringing, and culture. In women, aggressiveness tends to manifest more in passive or social forms, while in men, physical aggressiveness is more common. However, these gender roles and expectations are changing as demands for gender equality and personal development are increasing in modern society. To manage aggressiveness, approaches based on mutual respect and compromise are needed, not just "regulating" someone. To reduce aggressiveness in society, it is necessary to reevaluate gender stereotypes and social expectations. Thus, every person, regardless of gender, should be able to express their emotions and behaviors in a healthy and appropriate manner.

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