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## AGGRESSION AND VIOLENCE: MECHANISMS OF FORMATION AND SOCIO-PSYCHOLOGICAL FEATURES

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**Abstract**– *The article deals with the problem of violence from the point of view of the forms of aggression and violence, which are very diverse and exist everywhere, in all historical epochs and at all levels of society. The article presents various ways of understanding the essence of the categories "aggression" and "violence", from the point of view of social work, sociology and psychology, considering them in close relationship. The article presents the data of a sociological study on the problem of family violence.*

**Keywords:** *violence, aggression, family violence, domestic violence, types of family violence, social work, shelter, causes of violence, prevention of family violence.*

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The problem of violence is relatively new in the theory of social work and began to develop independently only in the XX century in connection with the public recognition and understanding of the problem.

For a long time, aggression and violence directly related to it accompany human life, are constantly present in it, being an indispensable attribute of both the private existence of a particular individual and of entire communities, reaching the level of all mankind. Article 3 of the Law of the Republic of Uzbekistan "On the Protection of Women from harassment and violence" states that violence is an illegal act (inaction) against women that encroaches on their life, health, sexual integrity, honor, dignity and other rights and freedoms protected by law by using or threatening to use measures of physical, psychological, sexual or economic influence [1].

The statistics show that the scale of family (domestic) violence is threatening, both on a global scale and on a country-by-country basis. According to the WHO, about 736 million women-or one in three women-have experienced physical or sexual violence from an intimate partner or from another person

during their lifetime, and this figure has hardly changed over the past decade. Violence is characterized by an earlier beginning: every fourth woman (aged 15-24 years) who has ever been in a relationship, after reaching 25 years, already has experience of violence from an intimate partner [2].

International studies show that one quarter of all adults were physically abused as children, and that 1 in 5 women and 1 in 13 men were sexually abused as children. In addition, many children are victims of emotional (psychological) abuse and neglect. [3]

According to the WHO, the number of calls from women complaining of violence by sexual partners increased by 60 percent compared to April last year. The number of calls to the hotline has increased fivefold. Dr. Kluge cited estimates from the United Nations Population Fund (UNFPA) that 6 months of quarantine would result in 31 million new cases of gender-based violence [4].

According to the Ministry of Internal Affairs of Uzbekistan, in the period from January to October 2020, the internal affairs bodies issued more than 8,430 protective orders to ensure the safety of victims of gender-based violence. Of these, 4,330 were physically assaulted, and about 3,200 were psychologically assaulted.

In more than 7,600 cases, women and girls were subjected to violence in their families. And in almost 5,920 cases, the perpetrators were their own husbands. Behind these statistics are personal stories of pain, humiliation and fear experienced by the victims, which the general public will never know about.

To date, more than 197 shelter centers have been established in the regions, which provide legal, psychological and social assistance to women. In order to help women in need and women who find themselves in difficult living conditions, to prevent conflict situations, domestic violence and provide them with emergency assistance, a helpline was launched at the short number "1146". To date, about 22.5 thousand women have applied to shelters. More than 5 thousand of them are in a difficult life situation, who have received psychological assistance. More than 4 thousand women received legal aid, the same number received medical assistance, more than 3 thousand were provided with work, almost 1.7 thousand were covered by home work, and almost 5.5 thousand women were assisted in improving the well-being of their families. On average, 180-200 calls are received every day, and urgent measures are taken to solve their problems. In 2019, a total of 3,728 calls were received [5].



**Fig. 1. Data on appeals from NGOs**

Since the beginning of the year, the internal affairs bodies have registered 3,261 administrative offenses against women of a domestic nature, 164 serious and especially serious crimes. More than 300 protection orders were issued.

The reasons that give rise to domestic violence can be specific both in the context of a particular social group, and in the context of a particular country. Many researchers identify common causes of family (domestic) violence, which are typical for most countries. In particular, among the causes of domestic violence, the most common are "low level of socio-economic development, high level of poverty, low level of education and lack of a democratic culture..." [6]

In the works of psychologists, it is not so much violence itself and its manifestation that is analyzed, but aggression as its source. Thus, psychoanalysis sees in the aggressive manifestation of the Oedipus complex, the result of the suppression of instinctive libidinal aspirations in early childhood (Z.Freud and his followers); neo-behaviorism considers aggressive behavior to be frustration experienced by the individual in the process of "social learning" (Dh.Dollard, N. Muller, A.Bandura, L. Berkovets); interactionism considers aggressive behavior to be the result of an objective "conflict of interests", "incompatibility of goals" of individuals and social groups (D.Campbell, M.Sheriff, etc.); cognitivism – the result of "dissonances" and "incompatibility" in the cognitive sphere of the subject (L.Festinger, G.Tashfel)[8].

The concept of "aggression" is used in two meanings, which correspond to two areas of knowledge of this phenomenon: 1) aggression as an example of explaining the need to punish a criminal, which satisfies the social need for punishment; 2) aggression as the cause of various forms of crime [5].

In particular, E. Fromm believed that aggression is a reaction to an environmental condition, is caused by a genetic factor and has a defensive character [6, 162]. Aggressiveness, in his opinion, is a kind of constantly present mobile impulse in the body, due to the very nature of man. It is the instinct of either self-destruction or the destruction of another individual.

According to L. Berkowitz, almost all theorists agree that aggression is an intentional action, there is no general understanding of the goals that aggressors pursue when they seek to harm other people. In his opinion, "violence" only refers to an extreme form of aggression, a deliberate desire to cause serious physical harm to another person [20].

In a classic work on the influence of frustration on aggression, Dollard D. and N. Miller defined it as "an action whose purpose is to cause damage to another organism (or a substitute for an organism)" [5, 3].

In the work "The Neurotic Personality of Our Time", K. Horney sees the basis of anxiety not in sexual drives as such, but in the hostile impulses associated with them. The cause of aggression, in her opinion, is contained in the contemporary society, which causes a competition between people, and therefore hostile.

R. De Ridder, proposed to call human behavior aggressive only if two conditions: "...first, when disastrous for the victims of the consequences; second, when violated norms of behavior" [22, 84].

In order for the behavior of the subject of aggression to be truly aggressive, it must not simply lead to negative consequences, but must be purposefully harmful, it must contain a subjective motive for causing harm that cannot be visually observed. If there is none, as in the examples given earlier, then the person is

dealing with so-called pseudo-aggression, i.e. actions "as a result of which damage may be caused, but which are not preceded by evil intentions" [23, 257].

The representative of individual psychology, Alfred Adler, has repeatedly emphasized the importance of aggression as a struggle for power. He did not identify aggression with hostility, he understood it as "traveling salesman" – as a strong initiative in overcoming obstacles. Adler argued that a person's aggressive tendencies were crucial in individual and generic survival. Aggression can manifest itself as "the individual's will to power" – a Nietzschean phrase used by the early A. Adler. He pointed out that even sexuality is often used as a means to satisfy the desire for power and strength. Later, A. Adler considered aggression and the will to power as a manifestation of a more general motive-the desire for superiority or improvement, that is, the urge to improve oneself, to develop one's abilities, one's potentiality. "The desire for improvement is innate, in the sense that it is a part of life, an aspiration or a need, without which life would not be mental" [11].

K. Lorenz considers abstract thinking to be the main cause of aggression. If a man had followed his natural instincts, nothing would have happened, but since *Sinanthropus* took up stone and fire, he immediately turned these weapons against his fellow tribesmen. "This is proved by the finds at the sites of *sinanthropus*: near the very first traces of the use of fire, there are crushed and distinctly burned human bones" [12, 235]. In his opinion, "it is not because it is aggressive and constantly ready to fight, that it is divided into parties that are hostile to each other: it is structured in this way because it represents an irritating function necessary for the discharge of social aggression [12, 256].

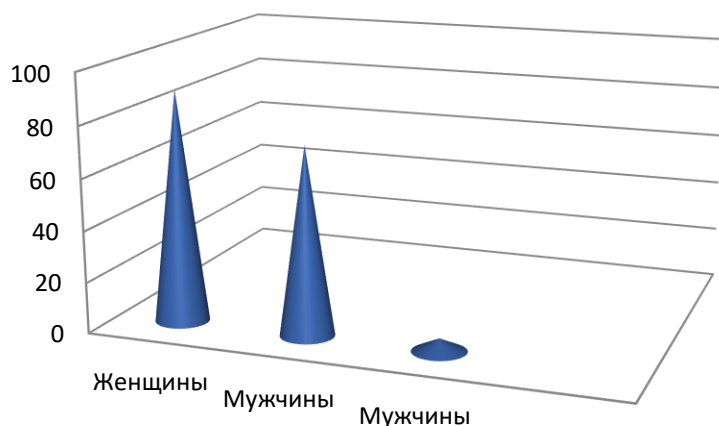
Currently, theorists and researchers focus on the interactive nature of the factors that generate violence in the home. External conditions such as unemployment, low income, or culturally low beliefs and values can affect the actions of family members and affect their relationships. Even the behavior of the victim can influence the actions of the attacking spouse [15].

This is evidenced by the sociological study "The attitude of the population of the Republic of Uzbekistan to domestic violence", conducted in 2021 from January to March. A total of 102 people were interviewed, including 87.8% women and 12.2% men, among them 44.9% of respondents from 35 to 35 years old, 27.6% from 29 to 35 years old and more than 35 years old. More than half of the respondents (62.2%) are married, one in five (19.4%) are single and (18.4%) live with their parents.

To the question "Do you think there is or is there not a problem of domestic abuse in our country, the so-called domestic violence?" the absolute majority (89.8%) responded positively, 7.1% noted that violence does not exist. The majority's choice of a positive answer about the presence of violence indicates that it is characteristic of different cultures, present in all countries and at all social levels. Unfortunately, every year there is an increase in the number of victims among children affected by violence and abuse. The reasons are hidden in the political, socio-economic instability of society, the increasing influence of pseudo-cultures, changes in the value orientations of parents, unfavorable family and household relations, excessive employment of parents, and epidemics of divorce.

The analysis of the study showed that in most cases women (90.8%), children (73.5%) and men (5.1%) are subjected to violence. The data of the law enforcement agencies of the Republic of Uzbekistan for 2020 show that when committing crimes against family members, the main victims are women. In 2019-2020, more than 8,430 women received warrants, including 62 underage girls, 2,103 young girls between

the ages of 18 and 30, and 6,266 women over the age of 30. 7,605 of the recorded cases of violence against women were committed in their families - this is more than 90%. [39]



**Fig. 2. Answers to the question: "Who do you think is most often subjected to abuse in the family, domestic violence?"»**

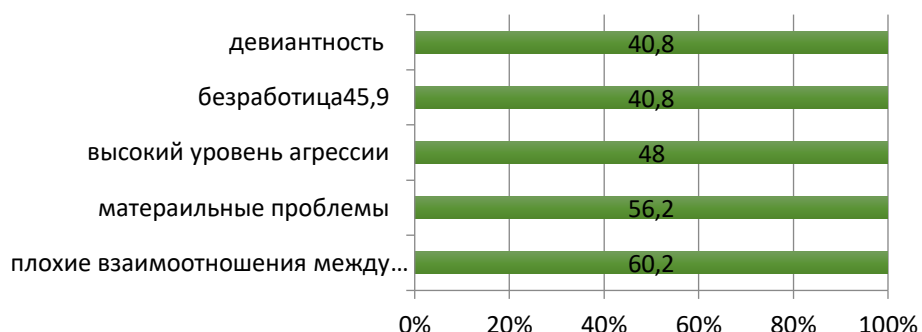
There are different points of view regarding the problem of domestic violence in society. Some believe that domestic violence is unacceptable in any form. Others believe that some forms of violence can be justified by educational goals, the care of some family members for others, etc. More than half of the respondents (70.1%) believe that violence is not acceptable in any form. It should be noted that every fifth respondent noted that violence is applicable. This indicates the cultural and social factors that influence the behavior of an individual in society. This largely depends on the historically determined traditions of each particular society, in which both the social status and the accepted norms of behavior of men and women are formed. Gender relations are defined by traditional negative stereotypes of inequality and controlling behavior towards women.

More than half of the respondents (53.6%) noted the presence of violence in their families, 46.6% of the respondents did not observe cases of violence. 74.2% of respondents report violence in the families of friends or acquaintances, and every third person is not aware of cases of violence.

The study also showed that known cases of violence experienced more physical (72.6%) and psychological violence (86.3%), with a significantly lower degree of probability also indicated that there was sexual violence (4.2%) by an intimate partner.

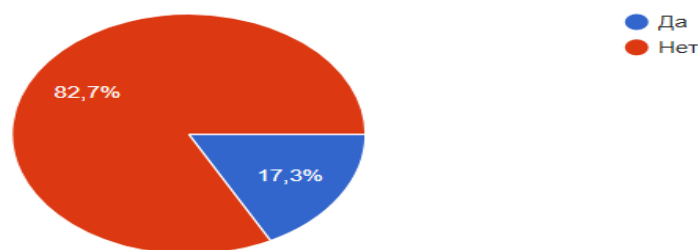
Domestic violence is more often committed by a man (85.7%) than by a woman (11.2%). As the study showed, in cases where women were subjected to violence by a partner, it was more severe forms of physical violence, such as hitting, kicking or throwing objects at them, than moderate violence. Women were also more likely to report repeated violence: 57% of women who experienced intimate partner violence indicated that they had experienced it frequently in the past 12 months.

The main causes of domestic violence are poor relations between husband and wife (60.2%), material problems (56.1%), high level of aggression (48%), unemployment (45.9%), deviance in society (40.8%).



**Figure 3. What do you think are the main causes of domestic violence? (there may be 3 possible answers)**

**The absolute majority of respondents (82.7%) allowed violence against family members, only 17.3% did not allow violence.**



**Figure 4. Have you ever committed violence against someone in your family?**

As research shows, relatives can deliver more than just joy and happiness. According to official data, the most severe insults a person receives from members of his family. The analysis of the study showed that more than half of the respondents (66.2%) faced situations of abuse by family members, of which (46.8%) rarely, 19.4% often. One in three (33.7%) did not face this problem. Most often, family members criticize and threaten to be beaten, so half of the respondents (51.5%) believe, of them (40.2%) face a situation of criticism rarely, 11.2% often. About half of the respondents answered in the negative. The respondents also expressed their attitude to the ban on studying or working. More than half of the respondents (62.1%) chose a negative answer. In 25.3% of the respondents it happened rarely, in 12.6% often.



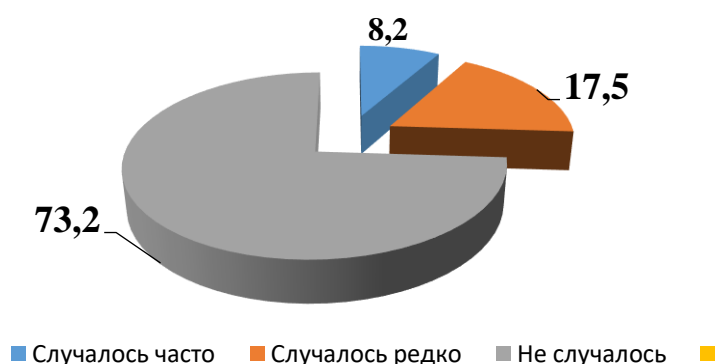


Fig. 5. Distribution of answers to the question " Please tell me, have you personally been in a situation where someone from your family members: Beat, beat, dragged by the hair?"

As can be seen from (Fig. 4), the majority of the family members of the respondents (73.2%) did not find themselves in a situation of physical violence, but 25.7% of the respondents experienced some types of physical violence

It should be noted that more than half of the respondents (66.7%) noted that the people subjected to violence and the respondents surveyed did not seek help, respectively, every third respondent (33.3%) sought help.

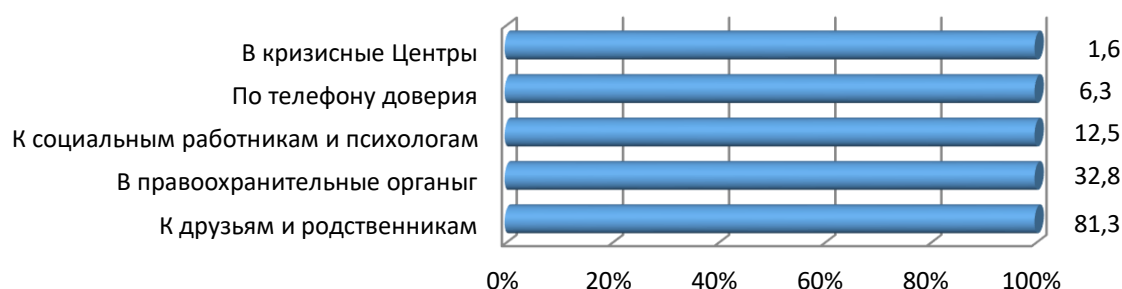


Figure 6. Answers to the question "Where do you go if you are subjected to violence?" The study revealed that the respondents are aware of state institutions, social services, crisis centers, public organizations, and hotlines in Tashkent that help people who are victims of domestic violence. Half of the respondents (50%) are not aware of this type of institution, and 26% gave a positive answer.

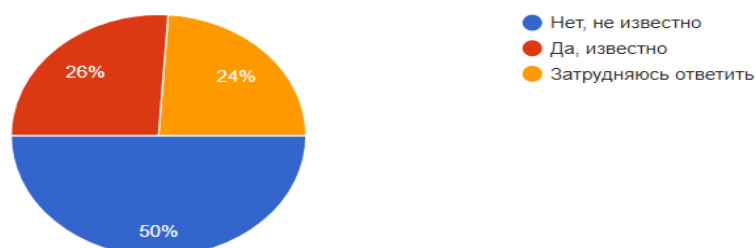


Figure 7. Awareness of institutions that help victims of violence.

The absolute majority of respondents shared the opinion that under no circumstances should violence be tolerated.

More than half of the respondents (54.2%) are aware of the law of the Republic of Uzbekistan "On the Protection of women from Harassment and Violence" of the Republic of Uzbekistan. It is noteworthy that 45.8% are aware of the law. At the same time, more than half of the respondents (57.7%) are not sure that the Law "On the Protection of Women from Harassment and Violence" of the Republic of Uzbekistan is fully working. 10.3% of respondents chose a positive answer, and 32% found it difficult to answer. The results of the study show that in most families there are manifestations of violence, and women and children are especially more likely to suffer.

Summing up the research, we can draw some conclusions that formed the basis of the recommendations:

1. It is necessary to teach children and adults not only the culture of family relations, but also the culture of managing their own behavior, the culture of behavior in a conflict situation and ways to get out of it.
2. In this regard, it is necessary to develop and implement pedagogical and socio-psychological programs for parents, teachers, and students aimed at developing conflict-free behavior and effective communication skills; introducing appropriate information about the rights of the child and ways of self-defense into the school curriculum);
3. Engaging the media to promote non-violent ways to resolve family conflicts

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