

## PSYCHOLOGICAL CAUSES AND CORRECTION OF AGGRESSION IN CHILDREN

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**Abstract:** This article discusses the psychological causes of aggressive behavior in children, the factors that contribute to it, and effective correction methods. It analyzes the negative impact of aggression on children's individual and social development and suggests practical psychocorrectional approaches.

### Introduction

Aggression is a natural yet controllable emotional state of the human psyche. While aggressive behaviors in children can sometimes be considered a part of normal development, their persistent presence may indicate underlying psychological issues. Today, in the field of pedagogical psychology, effective strategies are being developed to identify the root causes of aggression in children and reduce it.

### 1. Causes of Aggression

The main factors that contribute to the emergence of aggressive behavior include:

- Family environment: Children raised in conflicted, abusive, or neglectful families often develop aggressive tendencies. Most aggression is learned by imitating the aggressive behavior of parents or caregivers.
- Emotional instability: Stress, anxiety, feelings of worthlessness, and lack of attention can cause internal unrest in a child, which may manifest as outward aggression.
- Unmet needs: For example, if a child's need for attention or affection is neglected, they may attempt to gain attention through aggressive behavior.
- Influence of games and media: Violent computer games, films, and social media content can encourage the development of aggressive behavior in children.
- Physical or psychological trauma: Aggression can serve as a form of self-defense or an expression of inner pain.

### 2. Forms of Aggression

Aggression in children may manifest in various forms, such as:

- Verbal aggression (insults, shouting, mocking)
- Physical aggression (hitting, pushing, breaking objects)
- Passive-aggressive behavior (disobedience, ignoring, silent resistance)
- Self-directed aggression (self-blame, self-harm)

### 3. Psychological Correction and Prevention Measures

The following psychological approaches are effective in addressing aggression:

1. Emotional expression exercises: Children should be taught to recognize and verbalize their emotions. Special drawings, role-playing, and "emotion journals" are helpful in this regard.
2. Stress management techniques: Breathing exercises, relaxation techniques, and meditative games can help calm the child's internal state.
3. Positive communication and reinforcement: Recognizing and encouraging good behavior, and modeling positive responses can help children choose cooperative behavior over aggression.
4. Family counseling: Working with the parents of aggressive children is crucial. Providing advice on patience, communication styles, and emotional support is important.
5. Art therapy and play therapy: These are among the safest and most effective correction methods for children. Through art or play, children can express their internal state without using words.

### Conclusion

Aggressive behavior in children is a direct reflection of their inner world. Instead of punishment, understanding the root causes and guiding the child with proper interventions leads to more positive outcomes. Only through joint efforts by psychologists, educators, and parents can a child's healthy socialization and personal development be ensured.

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