



SOCIAL AND PSYCHOLOGICAL ASPECTS OF VIOLENCE IN ADOLESCENCE

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Abstract:

Adolescence is one of the most important and complex stages in a person's life. During this period, young people experience many difficulties in the process of forming themselves familiar, personalities, building social relationships and preparing for their future lives. Violence in adolescence is, unfortunately, a common problem, which negatively affects not only the adolescent himself, but also the social environment around him.

Keywords: violence, adolescence, psychology, youth, control, social relationships, difficulties.

In a broad sense, the concept of violence involves actions such as establishing control over others, harming them, or intimidating them with the help of force or threat. In adolescence, violence is often expressed in physical, mental and emotional forms. The causes of violence among adolescents depend on many factors, the social and psychological aspects of which deserve special attention. Socially, adolescent violence is often associated with group dynamics and social influences. Adolescents often resort to violence in order to be accepted into their social group, to maintain prestige and status. They tend to be aggressive towards others to show themselves strong and respected. This process, in turn, increases competition between social relationships and friendships. The spread of violence among adolescents undermines mutual trust and undermines social ties. In addition, another important social aspect of adolescent violence is the family environment. Domestic violence, parental relationships, and parenting methods affect the psychological state of adolescents. If a teenager witnesses violence or aggression in his family, he may perceive this condition as normal. As a result, he can show violence against others in order to



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protect himself or be strong. Healthy communication and emotional support among family members play an important role in ensuring the psychological stability of adolescents.

The psychological aspects of violence are also unique. Adolescents often resort to violence when faced with self-loss, loss of self-confidence, emotional isolation, and difficult situations. Rather than expressing their feelings, they try to defend themselves by acting aggressively towards others. These conditions further worsen adolescents' mental health and leave them facing depression, anxiety, and other psychological problems. A number of measures are necessary to reduce violence in adolescence. First, it is important to introduce programs aimed at preventing violence in the educational system. The development of communication, emotional intelligence and social skills among adolescents helps them to express their feelings and build healthy relationships with others. Also, ensuring healthy communication and emotional support within the family can help improve the psychological state of adolescents.

The social and psychological aspects of violence in adolescence are a complex and multifaceted issue, and social, pedagogical and psychological approaches need to be implemented together to solve this problem. It is important to create a healthy and safe environment for adolescents, promote their personal development and prevent violence. Each teenager must develop as a self-respecting person, respecting others and building healthy relationships. The role of the social environment is also important in preventing violence. Adolescents often try to adapt themselves to the environment around them. Teenagers can also see this as normal if the people around them accept violence. Therefore, it is necessary to fight violence in the social environment, to be a positive role model for adolescents and to develop healthy social ties. Encouraging friendship, solidarity, and support among adolescents can help reduce violence.[1]

There have been numerous studies of the social and psychological aspects of adolescent violence. Their results show that there are many causes of violence. Adolescents often face their own internal issues before showing aggression in their relationships.[2]



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Loss of self — confidence, feeling alone and emotional isolation-all this increases adolescents ' tendencies towards violence. In order to reduce violence among adolescents, it is also necessary to strengthen interaction and develop mutual respect. Adolescents can reduce violence by helping each other, expressing their feelings, and trying to understand each other. Conducting trainings and seminars for adolescents in educational institutions will help improve their psychological state. The role of parents is also important in the Prevention of violence. By providing good parenting to their children, understanding their emotional state, and providing them with support, parents are important in ensuring the psychological stability of adolescents. Parents should communicate openly with their children, listen to their problems and seek professional help if necessary.[3]

Conclusion:

The study of the social and psychological aspects of adolescent violence is important to address this problem. It is necessary to act together everywhere to reduce violence among adolescents, promote their personal development and establish healthy social ties. Creating a safe and healthy environment for adolescents is very important for their future. Every teenager needs to grow up in his personal development, as a confident and socially responsible person. Only then will it be possible to reduce violence and improve the social environment in adolescence.

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