

## AGRESSIV HOLATDAN CHIQISH YO'LI

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**Anontatsiya.** Odamlar guruhiga nisbatan jismoniy va ruhiy zarar yetkazishga qaratilgan individual yoki jimsoniy hati-harakat majmui hisoblanadi.

**Kalit so'zlar:** Agressiv holat, individuai ruhiy, badfe'llik, jahldorlik.

## THE WAY OUT OF AN AGGRESSIVE SITUATION

**Abstract.** It is a set of individual or physical actions aimed at causing physical and mental harm to a group of people.

**Key words:** Aggressive state, individual mental state, malice, anger.

## ВЫХОД ИЗ АГРЕССИВНОЙ СИТУАЦИИ

**Аннотация.** Это совокупность индивидуальных или физических действий, направленных на причинение физического и психического вреда группе людей.

**Ключевые слова:** Агрессивное состояние, индивидуальное психическое состояние, злоба, гнев.

Agressiv holat bu qanday holat, bundan qanday chiqsak bo'ladi. Agressiv holat bu – odamlar guruhiga nisbatan jismoniy va ruhiy zarar yetkazishga qaratilgan individual yoki jismoniy hati-harakatlar majmui hisoblanadi. Agressiv holat ya'ni jahldorlik, badfe'llik barcha narsalar o'zi istagandek bo'lishini xoxlaydi. Ilmiy adabiyotlarda “agressiya“ (lotin.agressio-hujum) “yo'naltirilgan salbiy xulq-atvor ijtimoiy muhitdagi qoidalar, normal amal qilmaslig, insonlarga ruhiy jismoniy zarar yetkazish“ deya ta'rif beriladi.

Bolalarda agrissiya quyidagicha namoyon bo'ladi:

- ❖ so'rov va ko'rsatmalarni bajarishdan bosh tortadi, qoidalarni biladi lekin ularga rioya qilishni xoxlamaydi;
- ❖ Narsalarni buzishni yaxshi ko'radi, masalan, o'yinchoqlarni buzish va yo'q qilishdan zavqlanadi;
- ❖ Doimiy ravishda tengdoshlar va kattalar bilan tortishuvda bo'ladi;
- ❖ U o'z atrofdagilarga salbiy reaksiyani: g'azab qasdan qo'zg'atishda urinish;
- ❖ U ko'pincha o'zini tutib tutib turmaydi, o'zini boshqarishni bilmaydi va harkat ham qilamaydi;
- ❖ Farzand bilan yetarlicha vaqt o'tkazmaslik uni muvaffiqiyatlariga befarqlik;
- ❖ Kattalarning munosabatlariga: qo'pol so'zlar, ko'p buyruq berish, arzimagan narsaga kamsitish;
- ❖ Farzadini boshqa oila farzandlariga taqqoslash.

Yuqoridagi holatlar inobatga olsak agressiv holatlar ko'proq oila, oila muhitiga tarqaladi agarda ota-ona farzandiga befarq bo'lsa va unga e'tibor qilmasa, farzandida tajovvuzkorlik namoyon bo'ladi.

Agressiv holat bu holatdan chiqish yo'li mavjud. Bu holatdan chiqish uchun kuchli matonat alohida rol o'ynaydi.

- Yostiq bilan kurashish
- Qog'ozni yirtish
- 10-1 gacha orqaga qarab sanash
- Jismoniy harakatli o'yinlar
- Urushgisi kelayotgan odamning rasmni chizish va uni yirtib tashlash
- Psixo-gimnastika bilan shug'ulanish va boshqalar.

O'z his-tuyd-g'ularni aytishga qiynaladigan bolalarning agressiyasi, qasos olishdan forig' bo'lishlari uchun unda rivojlanayotgan salbiy his-tuyg'ular xavfsiz obyektlarga o'tkaziladi. Masalan rezina o'yinchoqlar kuchukli shariklar yumshoq va yengil yostiqlar.

3-7 yoshlarda agressiv holatlardagi bolalar va agressiya va tajjavuskorlikni bartaraf etish uchun o'yinlar.

Didaktik o'yinlar. Didaktik o'yinlarda bolalar o'zlarida tabiatdagi pretmeti va bilimlarni mustahkamlash bilan birga guruh bilan birga guruh bilan ahil-inoq mashqlarni amalga oshirishni o'rganishadi, kuztuvchanlikni o'stiradi.

Xulosa qilib aytganda, maktabgacha ta'lim muassasida psixolog va uyda ota-ona bolaga qiyinchiliklarni yengishga yordam bersa, unga mehribonlik, g'amxo'rlik bilan munosabatda bo'lsa agrissiv hatti-harakatlarni kamaytirishga imkon yaratadi.

Bolalar hayotida agrissiv xulq-atvor tez-tez uchrab turadi Ulg'ayib borayotgan yoshlarda har qanday agrissivlikga olib keladigan ishlar qonun buzarlilik hisoblanadi. Ulg'ayib kelayotgan yoshlarda e'tiborsizlik yo'l qo'yilmasa agrissivlini oldini olinadi.

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