

PSYCHOLOGICAL AND ECOLOGICAL CAUSES OF AGGRESSION IN ADOLESCENTS

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Why does aggression arise and what are its causes in adolescence? We learn about this from the article.

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Aggression (from lat. Aggredere - to attack) - behavior aimed at causing physical or psychological harm, up to the destruction of the object of aggression. Objects can be living beings or things. A state of aggression is accompanied by anger, hostility, hatred, etc [1].

In adolescence, a lot of things affect a person: family, hormones during adulthood, other teenagers around us, stress at school, and also our teachers. And under the influence of all these factors, our behavior changes, often this does not happen for the better and leads to aggression or other unpleasant consequences.

There are many reasons of teenage aggression. For example, problems in the family. During adolescence, a teenager feels his growing strength, as well as an increase in his abilities, since outwardly he becomes more like an adult and subconsciously he wants to behave the same way, to have the same opportunities. But they naturally forget about the responsibility. In a family, in the attempt to fight for their rights, a teenager often comes into conflict with his parents, which leads to the various manifestations of aggression. Many people leave home, break things, scream in an attempt to throw out negative emotions, but they can be sent to a more peaceful direction - art, sports, study. Nobody teaches us how to get rid of the negative stuff and we do what works best - we destroy everything around us and ourselves, whether mentally or physically.

Young people are more likely to express aggression, this is due to the fact that testosterone, which is actively produced in young men in their teens, also provokes aggressive behavior. Many hormones (corticoliberin, vasopressin, testosterone) can enhance or weaken aggressive behavior, but none of them induces it. In other words, hormones do not cause aggression, but only affect the degree of its manifestation [3].

Another reason is that peers who are of the same age, have the same problems, and cannot throw their negative energy in the other direction, as a result, begin to attack each other. This leads us to a vicious circle of aggression and suffering.

Another fairly significant cause of aggression is studying. A huge amount of information is being invested in us at school, at university, but sometimes we cannot understand why we need it. It seems useless and annoying, it also leads to aggression. I think this is due to our unmotivated nature. Often, teachers present the material dryly and uninterestingly, do not even try to interest us, and this also leaves its mark. I, as a student, also faced this and this misunderstanding, plus problems at home or in the circle of friends can create a storm of emotions, and this again leads to aggression. Therefore, I believe that adults surrounding teens (parents, teachers and just acquaintances) should at least try to minimize stress in adolescents in order to reduce the amount of negativity and aggression.

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