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**AGGRESSIVE YOUNG FAMILIES: THEIR PSYCHOLOGICAL
CHARACTERISTICS AND SOCIO-PSYCHOLOGICAL PREVENTION
MECHANISMS**

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INTRODUCTION

The family is the most important psychological environment for the formation and socialization of an individual's personality. However, in some cases, the internal balance of the family environment is disturbed, leading to increased aggression, conflict, and emotional pressure. This situation is more common among young families, as they often lack life experience, have low stress tolerance, and insufficient emotional stability. Aggressive behavior is not only an individual psychological problem but also a factor influencing the broader social environment.

The problem of aggression in young families is one of the serious issues in modern socio-psychological life. Family aggression negatively affects not only the relationship between spouses but also the mental state of children and the overall social atmosphere. Therefore, it is important to study this problem from a psychological perspective—to identify its causes, mechanisms, and methods of prevention.

Socio-psychological causes of aggression in young families

Several internal and external factors contribute to the emergence of aggression among young families:

1. **Socio-cultural factors:** economic pressure, unemployment, difficult living conditions, and a sense of social injustice.
2. **Personal-psychological factors:** low emotional maturity, lack of stress management skills, and impulsiveness in interpersonal communication.
3. **Family upbringing factors:** witnessing aggressive models during childhood, perceiving family conflict as “normal.”
4. **Information pressure:** the flow of media content and social media justifying violence directly affects the consciousness of young couples.

In aggressive young families, communication often becomes conflictual—characterized by mutual blame, negative stereotypes, emotional coldness, and mistrust. These factors weaken the family's socio-psychological immunity.

Psychological mechanisms of aggressive behavior

Aggressive behavior develops as one of the psychological defense reactions of a person. It manifests through several mechanisms:

- **Projection mechanism** – an individual transfers their negative emotions onto others.



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- **Frustration** – the feeling of being unable to achieve a goal triggers aggression.
- **Emotional transference** – a stressed individual relieves inner tension by displacing emotions onto someone else.
- **Interpersonal competition** – the desire to assert oneself sometimes turns into aggressive behavior.

Psychological studies show that in aggressive young families, these mechanisms operate simultaneously, forming a mutually reinforcing chain.

The impact of aggression on family dynamics

Aggressive behavior causes damage to the family system at multiple levels:

- **Communicative disruption** – spouses stop listening to each other, and genuine communication breaks down.
- **Emotional alienation** – feelings of love, respect, and trust disappear.
- **Psychological pressure** – one partner constantly tries to dominate the other.
- **Social isolation** – such families tend to withdraw from society.
- **Impact on children's psyche** – chronic stress causes neurotic reactions, fear, or imitation of aggressive behavior in children.

Thus, aggression becomes not just a personal issue but a psychological phenomenon with broader social consequences.

Psychological mechanisms for preventing aggression

To reduce aggression among young families, several types of psychological interventions are effective:

1. **Cognitive-behavioral approach** – individuals learn to change negative thought patterns and respond consciously instead of impulsively.
2. **Stress management training** – breathing exercises, autogenic training, and psychological relaxation techniques.
3. **Family psychotherapy** – restoring communication and strengthening emotional intimacy between spouses.
4. **Emotional literacy development** – learning to recognize and express emotions appropriately.
5. **Mediation method** – involving a neutral mediator to help conflicting sides find compromise.

When applied together, these methods help eliminate the roots of aggression and restore a healthy psychological climate within the family.

System of socio-psychological prevention

Working with aggressive young families requires not only an individual psychological approach but also attention to the influence of the social environment. A prevention system should include the following stages:

1. **Educational stage** – preparing youth for marriage, teaching emotional stability, and fostering respect-based values.



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2. **Psychological stage** – establishing counseling and observation systems during the early months of marriage.

3. **Community-level prevention** – promoting family culture through cooperation among social psychologists, family centers, and religious leaders.

4. **Crisis intervention stage** – implementing immediate response mechanisms when early signs of aggression appear within a family.

Psychological training to reduce aggression

Special training programs for aggressive young families should focus on:

- **“Managing emotions” sessions** – teaching individuals to verbalize negative emotions instead of expressing them destructively.
- **“Mutual listening” training** – developing empathy and active listening skills.
- **“Collective decision-making” exercises** – fostering dialogue and compromise in family communication.
- **“Stress release techniques”** – forming automatic mechanisms for self-calming during conflicts.

Such trainings enhance self-awareness, communication culture, and emotional regulation skills.

Children’s psychology in aggressive families

Children growing up in an aggressive environment often fail to express their emotions appropriately. They may perceive aggression or defensiveness as normal behavior. Their emotional state becomes unstable, empathy decreases, and social adaptability weakens. Therefore, psychological rehabilitation in such families should involve not only parents but also children.

The role of community and neighborhood in reducing aggression

The local community plays an important social-buffer role in working with aggressive families. Community psychologists, women’s activists, and elders should help family members resolve conflicts peacefully and encourage open dialogue. Prevention measures should focus not on “punishment” but on “explanation” and “support,” which yields more effective results.

Psychological rehabilitation methods for aggressive families

Working with such families requires a long-term and step-by-step approach:

- **Psychodiagnostics** – identifying the type, cause, and extent of aggression.
- **Individual psychotherapy** – relieving internal emotional tension.
- **Family counseling** – rebuilding trust and understanding between spouses.
- **Reintegration stage** – providing social support to help the family reintegrate into society.

CONCLUSION

The problem of aggressive young families is not just an issue of individual behavior but a social phenomenon that affects the psychological stability of the entire society. To reduce aggression, psychological, educational, and social measures must be implemented



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comprehensively. Family peace is the foundation of social harmony; therefore, providing psychological support to young families, identifying aggression at early stages, and promoting positive communication culture are among the most effective preventive strategies.

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