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### INTERCORRELATION ANALYSIS OF PSYCHOLOGICAL FACTORS AFFECTING AGGRESSIVE BEHAVIOR IN MARTIAL ARTS

Annotation

In this article, the intercorrelation analysis of the psychological factor affecting aggressive behavior is analyzed in detail. Through correlational analysis of the problem of aggressive behavior in sports activities, the positive and negative relationship between the scales of the methods used for the problem is revealed in detail.

**Key words:** Physical aggression, verbal aggression, indirect aggression, negativism, jealousy, suspicion, hurt, guilt, feeling, frustration, constructive aggression, destructive aggression.

### ИНТЕРКОРРЕЛЯЦИОННИЙ АНАЛИЗ ПСИХОЛОГИЧЕСКИХ ФАКТОРОВ, ВЛИЯЮЩИХ НА АГРЕССИВНОЕ ПОВЕДЕНИЕ В ЕДИНОБОРСТВАХ

Аннотация

В данной статье подробно анализируется интеркорреляционный анализ психологического фактора, влияющего на агрессивное поведение. Посредством корреляционного анализа проблемы агрессивного поведения в спортивной деятельности детально выявляется положительная и отрицательная связь между шкалами методов, используемых для решения проблемы.

**Ключевые слова:** физическая агрессия, вербальная агрессия, косвенная агрессия, негативизм, ревность, подозрительность, обида, вина, чувство, фрустрация, конструктивная агрессия, деструктивная агрессия.

### YAKKAKURASH SPORT TURLARIDA AGRESSIV XULQ-ATVORGA TA'SIR KO'RSATUVCHI PSIXOLOGIK OMILLANING INTERKORRELATSION TAHLILI

Annotatsiya

Mazkur maqolada agressiv xulq-atvorga ta'sir ko'rsatuvchi psixologik omillaning interkorrelatsion tahlili batafsil tahlil qilingan. Sport faoliyatida agressiv xulq-atvor muammosining korrelyatsion tahlili orqali muammoga doir qo'llanilgan metodikalar shkalalari o'rtasida musbat va manfiy aloqadorlik batafsil ochib berilgan.

**Kalit so'zlar:** jismoniy agressiya, verbal agressiya, bilvosita agressiya, negativizm, jizzakilik, sergumonlik, ranj, aybdorlik, hissi, frustratsiya, konstruktiv agressiya, destruktiv agressiya.

**Introduction.** The problem of aggression is interpreted by different researchers as an unacceptable form of behavior that requires the correction of human behavior. There are different forms of aggression: from direct use of force, verbal insults and threats to the opponent, to covert control of another person, and indirect reprimands that hint at future unpleasantness. Forms of aggression that do not obey socialization are also observed at the level of pain. There are also such behaviors that are recognized as aggression by some of the participants of group conflicts, and analyzed by other participants as determination, activity, and consistency in achieving the goal. B. Klein, while not denying the negative aspects of aggressiveness, emphasizes that there are "some healthy aspects" of aggression that can be used to lead an active life. It is determined by determination, initiative, intensity, success, and overcoming obstacles.

The theory of correlational studies based on the concept of correlation measurements was developed by K. Pearson, which is described in detail in textbooks on mathematical statistics. Only the methodological aspects of correlational psychological research will be considered here. The strategy for conducting a correlational study is similar to a quasi-experiment. The only difference from a quasi-experiment is that there is no controlled effect on the subject. The design of a correlation study is simple.

**Mavzuga oid adabiyotlarning tahlili.** When defining the term aggression, it is derived from the Latin language and means "agredi" - "to attack". There are different approaches to the term "aggression" in modern psychology, aggression is negatively evaluated by H. Delgado, A.A. Bass, L.M. Semenyuk, G. Parens, A. Bandura, R. Walters, Yu. Mozhginsky [1]. But at the same time, it can be said that there are positive approaches to "aggression". In particular, L. Bender states that aggression is a human's desire for self-expression. Because explaining the

concept of aggression itself causes a number of difficulties, because this term covers many forms of behavior. When people describe someone as aggressive, they mean that they are abusive, or mean, want to do things their way, or are stubbornly protective of their own ideas, and get lost in a whirlwind of unsolvable problems. they can say human.

**Tadqiqot metodologiyasi.** The theory of correlational studies based on the concept of correlation measurements was developed by K. Pearson, which is described in detail in textbooks on mathematical statistics. Only the methodological aspects of correlational psychological research will be considered here. The strategy for conducting a correlational study is similar to a quasi-experiment. The only difference from a quasi-experiment is that there is no controlled effect on the subject. The design of a correlation study is simple. The researcher puts forward the hypothesis that there is a statistical relationship between several mental characteristics of a person or between certain external levels and mental states. At the same time, assumptions about causality are not discussed. A correlational study is a study conducted to confirm or reject a hypothesis about a statistical relationship between several (two or more) variables. In psychology, mental properties, processes, states, etc. can play a changing role.

**Tahlil va natijalar.** The researcher puts forward the hypothesis that there is a statistical relationship between several mental characteristics of a person or between certain external levels and mental states. At the same time, assumptions about causality are not discussed. A correlational study is a study conducted to confirm or reject a hypothesis about a statistical relationship between several (two or more) variables. In psychology, mental properties, processes, states, etc. can play a changing role.

Table 1.

Correlation between the aggression scales of A. Bass and E. Dark and the scales of G. Amon's I-structural (ISTA) methodology (according to Sperman's criterion, n=240)

	Physical Aggression	Verbal Aggression	Indirect Aggression	Negativism	Angry	suspicion	complaint	Guilt
Neuroticism	0,765(**)	0,428(**)	-0,012	0,474(**)	0,169(**)	-0,057	-0,005	-0,158(*)
Spontaneous aggression	0,401(**)	0,722(**)	0,014	0,302(**)	0,051	-0,106	0,004	-0,088
Equilibrium	-0,467(**)	-0,183(**)	-0,074	-0,277(**)	-0,03	-0,063	0,144(*)	0,05
Reactive aggression	0,808(**)	0,338(**)	0,097	0,373(**)	0,005	-0,147(*)	-0,117	-0,046
Extraversion-introversion	0,416(**)	0,323(**)	0,069	0,299(**)	0,042	-0,112	0,078	-0,116
Emotional lability	0,427(**)	0,289(**)	-0,015	0,279(**)	0,045	-0,063	0,042	-0,138(*)
Your masculinity is feminism	0,338(**)	0,288(**)	0,021	0,206(**)	-0,007	-0,063	0,099	-0,099

Note: \*-p<0.05; \*\*-p<0.01.

A positive correlation was found between neuroticism and physical aggression scales ( $r=0.765$ ;  $p<0.01$ ). We can say that athletes with neuroticism, which indicates the instability of their emotional state, are prone to physical aggression. At the same time, a positive correlation was found between neuroticism and the scales of verbal aggression, negativism, and anger ( $r=0.428$ ,  $p<0.01$ .  $r=0.474$ ,  $p<0.01$ .  $r=0.169$ ;  $p<0.01$ ). It is self-evident that our neurotic people, in addition to showing verbal aggression, can deny everything in the state of negativism, do what they are told, and show all forms of cynicism. A negative correlation was found between the scale of neuroticism and the feeling of guilt ( $r=0.158$ ;  $p<0.05$ ). From this we can see that neurotic persons do not have feelings of guilt such as self-blame. A positive correlation was found between spontaneous aggressiveness and scales of physical aggression, verbal aggression, negativism  $r=0.401$ ;  $p<0.01$ . ( $r=0.722$ ;  $p<0.01$ .  $r=0.302$ ;  $p<0.01$ ). (spontaneous aggression) allows to identify and assess the psychopathic state of the introverted type. High scores indicate traits characteristic of people with involuntary behavior. Spontaneous (spontaneous) aggression means aggressive, involuntary, unable to get out, uncompromising. We can see that spontaneous aggressive people dominate physical aggression, verbal aggression, and negativism.

A negative correlation was found between balance and physical aggression scales ( $r=-0.467$ ;  $p<0.01$ ). Equilibrium means resistance to mental shock. High grades show confidence and activity in the future; self-confidence means that it is well protected from the impact of shock factors in normal life situations. Temperance means good mood, stability, fortitude, calmness, self-confidence, trustworthiness, activity. From this we can see that physical aggression is low in balanced individuals. A negative correlation was also found between the balance scale and the scales of verbal aggression and negativism ( $r=-0.183$ ;  $p<0.01$ .  $r=-0.277$ ;  $p<0.01$ ). Therefore, neither verbal aggression nor negativism occurs in our well-balanced athletes. A positive correlation was found between balance and pain scales ( $r=0.144$ ;  $p<0.05$ ). In the lives and activities of our well-balanced athletes, even a small amount of pain - grief from someone or the whole world, imaginary or real suffering, anger, hatred towards others, jealousy can be seen. Reactive aggression (reactive aggression) - extratensive type determines the manifestation of psychopathic symptoms. High scores indicate a desire for superiority and an aggressive attitude to the social environment. Reactive aggression means aggressively defending one's views, defending one's opinion, selfishness, arrogance, striving for prestige, superiority, superiority. A positive correlation was found between the scale of reactive aggression and scales of physical aggression, verbal aggression, negativism ( $r=0.808$ ;  $p<0.01$ .  $r=0.338$ ;  $p<0.01$ .  $r=0.373$ ;  $p<0.01$ ). We can see that our reactive aggressive

individuals, while showing physical and verbal aggression on their own, are also stable in the state of negativity. A negative correlation was found between the scale of reactive aggression and the scale of suspicion ( $r=-0.147$ ;  $p<0.05$ ). We can see that a person prone to reactive aggression does not have suspicion - that is, a tendency to mistrust, to approach people cautiously, to live with the thought that people around them can cause harm. A positive correlation was found between extraversion-introversion and scales of physical aggression, verbal aggression, negativism ( $r=0.416$ ;  $p<0.01$ .  $r=0.323$ ;  $p<0.01$ .  $r=0.299$ ;  $p<0.01$ ). The remarkable aspect of this scale is that high scores correspond to extroversion, and low scores correspond to introversion. Extraversion - talkativeness, activity in public affairs or vice versa, introversion - avoidance of contact with people, passivity, emotional instability. In many cases, physical aggression, verbal aggression and negativism are more likely to occur in extroverted people.

Emotional lability (emotional lability, changeability) high scores indicate the incorrectness of the emotional state, which is manifested in insufficient self-awareness, irritability, high excitability, frequent mood swings. Lower scores indicate not only high stability of emotional state, but also self-awareness. Emotional volatility-stability is expressed in features such as emotional stability or instability, mood swings, cheerfulness, enthusiasm, sadness or confidence in the future, joy. A positive correlation was found between emotional lability and scales of physical aggression, verbal aggression, negativism ( $r=0.427$ ;  $p<0.01$ .  $r=0.289$ ;  $p<0.01$ .  $r=0.279$ ;  $p<0.01$ ). Therefore, individuals with physical aggression, verbal aggression and negativism are considered emotionally unstable individuals in any activity. A negative correlation was found between emotional lability and guilt scales ( $r=-0.138$ ;  $p<0.05$ ). The feeling of guilt is also called autoaggression - the feeling of guilt observed in the relationship between oneself and the environment, behavior directed against oneself, i.e. self-blame, thinking that I am the one, I am the one means to eat the flesh. We can say that the feeling of guilt is very rare in emotionally unstable persons. A positive correlation was found between the scale of masculinity-feminism and the scale of physical aggression, verbal aggression and negativism ( $r=0.338$ ;  $p<0.01$ .  $r=0.288$ ;  $p<0.01$ .  $r=0.206$ ;  $p<0.01$ ). (masculinism-feminism) - high scores testify to mental activity, in particular, masculine, while lower scores indicate feminine. Courage-femininity-activity, knowledge of all, understanding is ingenuity. We can see that masculinity-feminism is high in people who are prone to physical aggression, verbal aggression and negativism, that is, it is impossible to try to bring out the characteristic of men, as mentioned above.

Table 2.

Correlation between the aggression scales of A. Bass and E. Dark and the scales of V. Boyko's method of "Determining the state of frustration" (according to Sperman's criterion, n= 240)

	Physical Aggression	Verbal Aggression	Indirect Aggression	Negativism	Angry	suspicion	complaint	Guilt
Frustration	0,392(**)	0,316(**)	0,132(*)	0,236(**)	-0,005	-0,097	0,067	-0,115

Note: \*-p<0.05; \*\*-p<0.01.

A positive correlation was found between the level of frustration and the scales of physical aggression, verbal aggression, indirect aggression and negativism ( $r=0.392$ ;  $p<0.01$ .  $r=0.316$ ;  $p<0.01$ .  $r=0.132$ ;  $p<0, 01$ .  $r=0.236$ ;  $p<0.01$ ). How to behave in a situation of frustration depends on the personality of

the athlete. Athletes with a weak nervous system show more anxiety and depression, and athletes with a strong nervous system show aggression.

Frustration can affect an athlete's performance in different ways. In some cases, it directs the athlete to achieve the goal,

increases motivation. However, it is observed that the behavior is impulsive and irrational. In some cases, frustration stops an athlete from moving. Frequent occurrence of frustration forms aggressiveness, guilt, self-doubt as a personal characteristic. In

general, we can see that physical aggression, verbal aggression, indirect aggression and negativism are always present in athletes with a high level of frustration.

Table 3.

Aggression scales of A.Bass and E.Dark and Ye.P. Ilin, P.A. Correlation between the scales of the Kovalev method of aggressive behavior (according to Sperman's criterion, n=240)

	Physical Aggression	Verbal Aggression	Indirect Aggression	Negativism	Angry	suspicion	complaint	Guilt
Direct verbal aggression	0,329(**)	0,295(**)	0,114	0,225(**)	0,063	-0,138(*)	0,092	-0,074
Indirect verbal aggression	0,351(**)	0,291(**)	0,081	0,204(**)	-0,023	-0,087	0,037	-0,081
Indirect physical aggression	0,349(**)	0,287(**)	0,059	0,183(**)	0,025	-0,147(*)	0,134(*)	-0,089
Direct physical aggression	0,346(**)	0,293(**)	0,116	0,229(**)	0,068	-0,1	0,08	-0,056

Note: \*-p<0.05; \*\*-p<0.01.

When the results were carefully studied, a number of positive and negative correlations emerged. A positive correlation was found between direct verbal aggression and physical aggression scales ( $r=0.329$ ;  $p<0.01$ ). In people with direct verbal aggression, physical aggression is also absent together, because people who commit any physical aggression do not automatically observe, even without thinking about it. Verbal expression of negative emotions (quarrels, scolding, cursing, threatening, cursing, etc.) was determined with a very high level of reliability. At the same time, a positive correlation was found with direct verbal aggression and verbal aggression, negativism scales ( $r=0.295$ ;  $p<0.01$ .  $r=0.225$ ;  $p<0.01$ ). We can observe a negative correlation between the suspicion scale and the direct verbal

aggression scale ( $r=-0.138$ ;  $p<0.05$ ). Direct verbal aggression is rarely encountered in people prone to mistrust.

Among the general correlations, if we analyze the relationship of our last scale with the main selected methodological scales, it can be clearly said that direct physical aggression has a positive correlation between the scales of physical aggression, verbal aggression, and negativism ( $r=0.346$ ;  $p<0.01$ .  $r=0.293$ ;  $p<0.01$ .  $r=0.229$ ;  $p<0.01$ ). In particular, it was found that our athletes, who are in a state of physical aggression, verbal aggression, and negativism, make direct physical aggression invisible not only in sports activities, but also in interpersonal relationships.

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