

Lecture 5:

"Psychological Assistance to Children with an Aggressive Type of Behavior"

**Aggression (*aggressio* - attack)
motivated destructive behavior
that contradicts the norms of
human coexistence, harms the
objects of attack, causing physical,
moral damage to people or causing
them psychological discomfort**

Factors Affecting the Emergence of Aggressive Behavior

- parenting style in the family
- demonstration of violence
- unstable social and economic situation
- individual characteristics of a person
- socio-cultural status of the family, etc.
- ignorance of moral rules and norms

Factors Affecting the Emergence of Aggressive Behavior

- individual characteristics of a person (decreased voluntariness, low level of active inhibition, etc.)
- physical discomfort
- lack of self-control and voluntariness
- internal dissatisfaction in the peer group
- experiencing anxiety and fear of attack

Strategy of Psychologist's Behavior

- **Clarifying possible causes of aggressive behavior**
- **Information about behavior at home: nature of emotional relationships in the family; approved forms of behavior; boundaries; typical reactions to certain actions and activities**
- **Information about behavior in public places**

Infants

- crying
- fist-clenching
- chaotic limb movements

3-4 year old children

- damage to toys
- flinging of objects
- episodic animal abuse
- passive-aggressive reactions of protest
- intransigence
- excessive stubbornness

6-7 year old children

- aggressive hobbies
- cases of verbal aggression (mocking, pressing, swearing)
- fights

Puberty age

- irritability
- theft, minor robbery
- addictions
- jargon
- subcultural jokes
- vandalism
- animal abuse
- running away from home
- suicide

Corrective work: Parents and Teachers

- **changing the negative attitude towards the child to a positive one**
- **changing the style of interaction with children**
- **expansion of the behavioral repertoire of the parents and teachers by developing their communicative skills**

Child

Objectives of the corrective work

- developing the ability to understand the mental state of others
- developing the ability to express emotions in a socially acceptable form
- teaching auto relaxation techniques
- teaching stress relieving techniques
- developing communication skills
- formation of a positive self-image

Methods for Correcting Aggressive Forms of Behavior

- **Game method**
- **Creative self-expression**
- **Sports**
- **Training**
- **Behavioral methods**