

Art Therapy in Eliminating Aggressiveness in the Individual

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Annotation: The process of working with the parents of an angry child is challenging. The main cause of this is that those parents had aggressive behavior when they were young. Additionally, their offspring will "inherited" mental health issues. As a result, the psychologist should engage in as much psychotherapeutic work with parents as possible. Parents view violent kids as ungrateful and anticipate that the child will feel guilty after arguing with them and regretting it, apologizing and calming them down. This article will provide feedback and input on art therapy in the removal of aggressiveness in the individual.

Keywords: aggressiveness, personality, art Therapy, elimination, children, parents, causes, treatment.

Parents must be questioned about their early years in order to learn the causes of their early aggression. Toddlers' personal issues are frequently brought on by familial issues. When working with kids, there is a certain approach to go about observing behavioral changes in the kids. The most common psychotherapy approach at the moment, group therapy, is used while working with aggressive kids. It is essential to start by getting rid of the child's aggression, which means correcting, finding its reasons, and tracing its roots. Each youngster must receive correction in a personalized manner. This must be taken into account when considering the following correctional work:

1. The use of the game in overcoming aggression, the implementation of a new social approach, the emotional filling of meaning.
2. Banning aggressive actions of the child (not allowing the child to show aggression).
3. It is advisable that correctional work is carried out not only with the child, but in parallel in cooperation with parents and caregivers. The little one should always feel and understand that they love him. It is important that he feels the need for his parents.

Tasks of psycho correctional work with aggressive children:

1. acquire the capacity for empathy; learn how to communicate their emotions in a way that is acceptable to others;
2. training in auto-relaxation; improvement of communication skills;
3. development of a favorable self-image based on individual accomplishments;

4. development of a kind disposition toward those around you; to instruct, to ease tension, to create circumstances.

To eliminate aggressiveness in children, they can be offered:

1. fighting the pillow;
2. use of physical action games;
3. paper tear;
4. drawing and tearing a picture of a man coming to fight;
5. using the "scream bag";
6. dealing with psycho gymnastics;
7. morning therapy, iso therapy (clay, work with water), art therapy, music therapy animal therapy – the use of pets.

Two words are combined to create the term "art therapy." The word "therapy" refers to treatment and is derived from the Greek word "therapeia" whereas "art" is derived from the English word. Treatment through art is known as art therapy. One of the newest and fastest-growing sub specialties of art- and creativity-based psychotherapy is art therapy. It entails the diagnosis, rectification, and therapy of a person's psychological issues.

One of the most successful forms of psychotherapy is art therapy, which encourages imagination and uses a variety of artistic mediums. Art therapy is thought to be the most gentle and productive form of correction. This enables you to find solutions to a range of issues, starting with social adjustment issues and ending with the future growth of children. A child's ability to manifest himself and to master the process of self-knowledge are the major objectives of art therapy. Currently, "art therapy" can mean a number of things:

1. art collection used in treatment and Correction;
2. set of art therapy techniques;
3. direction of psychotherapeutic and psychorexi'a practice;
4. method.

Modern art therapy includes the following areas:

1. Isotherapy-therapeutic effect with the help of fine arts: painting, modeling, Arts and crafts.
2. imotherapy-influence through image, theatricalizatio'n, dramatization; music therapy-influence through the perception of music; - fairytale therapy-influence through fairy tales, parables, myths;
3. kinesitherapy-influence through dance and movement; - drama therapy
4. sand therapy phototherapy
5. corrective rhythm (effect with movements), choreo therapy; - game therapy and others.

Having passed the course of Art therapy, the child is engaged in self-knowledge, self-expression, introspection, as a result of which his mental state is harmonized. Art therapy is carried out in the form of individual and group classes.

1. Art-terapiya
2. Individual
3. Individual art-terapiya.

It is well known that subversion (subversion) and such a fundamental human characteristic as aggressiveness are closely associated. Psychology defines aggression as a tendency (aspiration) that takes the form of actual action or fantasies with the intention of dominating or subjugating others. This pattern is widespread, and the

word "aggressive" has a wholly ambiguous connotation. In fact, aggressiveness can be either positive serving critical interests and ensuring survival or negative meant to fulfill an aggressive act solely. Aggression frequently shows up as conflict, gossip, pressure, coercion, negative evaluation, threat, or use of physical force. Hidden forms of aggression are expressed in avoiding contacts, inaction to harm someone, suicide and suicide.

The intensity of aggressive influences is correlated with their psychological function. Aggressive attraction can manifest itself in various ways, including (in order of increasing intensity and depth) irritation, envy, disgust, anger, intolerance, negativism, anger, anger, and hatred. We can infer from the foregoing that aggressive behavior can take on a variety of (by severity) forms, including situational aggressive reactions, which take the form of a quick response to a particular situation, passive aggressive behavior, which takes the form of inaction or refusal to act, and active aggressive behavior (in the form of destructive or violent actions). The leading signs of aggressive behavior can be considered the following manifestations:

1. Expressed a desire to dominate people and use them for their own purposes;
2. Destructive trend;
3. Focus on harming the people around you;
4. Tendency to violence (inflicting pain).

Aggression in children is one of the many problems that are observed today. Most young children exhibit an aggressive condition, and aggressive behavior is frequently seen during the period of transition. The youngster has challenges during the crises of maturation periods, and as a result, aggressive traits can be seen in his conduct. It was discovered through the process of observing children in preschool educational facilities that aggressive behavior develops and becomes stable personal characteristics in a certain group of children. The child's ability to produce less as a result, and his personal development is distorted. In this way, the program aims to normalize violent behavior by detecting a propensity for hostility in young children.

In conclusion: There is evidence of aggressive conduct in kids of all ages. mostly serves as a means of expressing unpleasant feelings like annoyance and wrath. The youngster evaluates the usefulness of such conduct after observing the outcome. Second, he acts aggressively in order to achieve a specific objective, such as obtaining toys or food, grabbing parents' attention, demonstrating his strength and significance, or subjugating others. The more frequently the desired outcome is attained, the more aggressive behavior is strengthened and develops into a virtue. Since every child exhibits aggression at some point in his or her life, it is challenging to gauge the prevalence of this problem. It is open in nature and happens early in boys. It indirectly manifests in girls.

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