

THE MAIN ROOTS OF DESTRUCTIVE BEHAVIOUR.**Dilbar Zoirjon Qizi Abdullaeva**

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ABSTRACT

The article discusses the views of the scientist E. Fromm, who studied the origin and causes of destructive behavior in the individual, and their analysis. as well as given psychologically classification of the types of aggression in a person's behavior. At the same time, the article describes the classifications of scientists who conducted research on the destructive behavior of a person and induced analyzes of the various causes that led to the self-destruction of the individual.

Key words: *Destructive behavior, defense mechanism, "Anatomy of Human Destructiveness", aggression, biological adaptation, destructiveness and impudence, self-destruction, "I conception", self-defense, self-transformation, self-identification, social roles, behavior model;*

Destructive behavior is a practical or verbal manifestation of an individual's inner activity aimed at destroying something. Such behavior is in some cases, the result of a defense mechanism identified with aggression, which is sometimes used against internal and sometimes against external forces. As an object of destructive behavior, the subject often chooses communication between people, relationships between them, one's emotional and physical state, objects of the material world, and so on.

E. Fromm, a researcher of the origins and causes of destructive behavior in the individual, says in his book "Anatomy of Human Destructiveness" that interpersonal relationships are characterized by competition, exploitation, and mutual hostility in modern society.

Analyzing the destructiveness of the person, E. Fromm identified two types of aggression¹:

The positive type of aggression (or defense), in his opinion, is an internal natural impulse with a phylogenetic basis that provokes an attack or escape, in the event of situations that threaten life, " such aggression serves to preserve and live the species itself;

Analyzing the views of the scientist, it should be noted that such aggression is inherent in all kinds of beings, on the basis of which lies the natural instincts of self-preservation, protection, generalization, the continuation of procreation. For this reason, it is necessary to evaluate this kind of aggression positively. Another important aspect is that such aggressive impulses are manifested by an example of an internal reaction to external stimuli, which is a kind of situation that can be understood mainly as a biological survival and survival necessary for the process of biological adaptation.

- Negative aggression - "it is a destructive and cruel act that is unique to humans. They have no phylogenetic program, they do not serve biological adaptation, and they have no purpose."

Negative type of aggression is manifested in 2 main types:

1. sadism, or a strong passionate desire to have infinite power over other beings;
2. necrophilia or a desire to destroy life;

¹ Фром Э. Анатомия человеческой деструктивности. М.:АСТ.

E. Fromm assesses the characteristics of a person, such as disorder and cruelty, which are characteristic of negative type of aggression, emphasizing that they are not products of individual instincts or inclinations, but the characteristics inherent. Fromm called them character tendencies or passions. Commenting on his own opinion, he comes to the paradoxical conclusion that destructiveness is not inherent in both animals and primitive people, it is the product of the cultural and technical development of mankind.

In conclusion, as Fromm points out, vandalism, destruction, and harm to oneself and the lives of others are unique to man and can be expressed not only in his biology but also in his psychological state. Biologically expressed aggression is a necessary mechanism for preserving existence and ensure the continuity of life on earth when species race. And conversely, the destructive aggression belonging to the process of interpersonal relations is the complete opposite of this situation and can be understood through many phenomena known to us today as terrorism, extremism, religious fanaticism, and fundamentalism. The course of such processes and their impact cannot be assessed in any positive way for human development. Here we can quote Fromm's words as proof of our point:

- "In this book, I use the word "aggression" to describe a person's reaction to self-defense behavior and threats, and I describe this type of aggression as positive. However, with the desire of man to absolute superiority over another living being and the desire to destroy (malicious aggression), I divide them into separate groups and call them "destructiveness" and "impudence". That is, the desire of a person to belong to the world of subjectivity and object in general to other people, the way of life, culture, traditions can be regarded as destructive as a full-fledged style. It is a pity that such processes are escalating exactly today, that is, at a time when humanity is reaching the peak of its civilization. And this is a circumstance that serves as evidence of our thoughts, and destructive behavior is the product of human civilization. The desire to dominate the beliefs, lifestyles, cultures, and traditions of others, in general, the subjective and objective world of the individual can be considered completely destructive. Such processes are taking place today, at a time when humanity is reaching the peak of its civilization. This is a situation that serves as evidence of our views a destructive behavior is a product of human nature.

Zlokazov Kirill Vitalevich, a researcher on the psychological aspects of destructive behavior, in his article "Destructive behavior, its manifestation in different contexts" classifies a person's destructive behavior into 3 types:

- "The article analyzes the destructive behavior of man in a generalized way in relation to social objects of different scale and quality. To this end, various destructive behaviors are considered within three analytical areas:

1. Intrapersonal (Attitude towards oneself and one's body)
2. Interpersonal
3. Metapersonal (The role of man in social structures)"

It should be noted that the above classifications are cited to distinguish and interpret in a broad sense the 3 types of destructive relationships of the individual (in relation to himself, other people and society). Such a

classification is applied to characterize the complex, multi-level components of the "I" structure of the personality and the facets that affect the person associated with it².

In his approach to the destructiveness of the person, the scientist also paid special attention to the persons "I conception" and the components that carry him, in which he tried to cover the person's relationship to himself, others and society. And it is in these areas that he has classified the destructive behaviors that occur in relationships into 3 types. We will try to give more details about these below.

According to Zlokazov, the intrapersonal sphere of destructive behavior includes the following three types of behavioral manifestations:

1. Self-destruction
2. Self-harm (intentional self-injury)
3. Self-transformation (change of certain parts of the body, change of mood, etc.)

Self-destruction is manifested through suicidal actions, and this is the highest form of intrapersonal destruction. In the above chapters, we talked about the psychological factors that drive a person to self-destruction. This type of destructive behavior, which is widespread today, can be seen in the practices of many religious fanatics. But a pertinent question arises. Why does a person try to express his or her beliefs by harming his or her body? To this question, J.Muehlenkamp responded in his article "Body image as a mediator of non-suicidal self-injury in adolescents". In his opinion, the factor of self-harm, which is mainly transmitted between adolescents, plays the role of a mediator (mediator) between self-harm and negative emotions, the perception of one's own body in these adolescents. Adolescents can experience negative emotions or, when their body is negatively perceived by them, cause various damage to themselves (some members can be treated through sharp edging, reduce scars or use injections)³. This indicates that the person has psychological problems in self-identification. Just as a person tries to satisfy his inner psychologically unmet needs through external factors, subjective dissatisfaction with his personality can be reflected through various damages inflicted on the body.

According to the scientist, intrapersonal self-destruction - varies according to various factors. These include: gender, age, social environment, and so on. Women, unlike men, prefer a passive type of self-destruction, in which they prefer to isolate themselves mainly from the social environment. And men, on the contrary, tend to destroy themselves through an active type of self-destruction, namely: consumption of various alcoholic beverages in the management of vehicles and in the process of performing dangerous work, interference in criminal activities, etc.

Interpersonal (interpersonal relationship) destructive behavior, the second type of destructiveness, differs from the above type. Below we will dwell on this. The main means by which a person reacts to the

² К.В. Злоказов. Деструктивное поведение в различных контекстах его проявления// Вестник удмуртского университета. Серия философия. Психология. Педагогика. 2016. Т. 26, № 4. – С. 67

³ Muehlenkamp J.J., Brausch A.M. Body image as a mediator of non-suicidal self-injury in adolescents //Journal of Adolescence. 2012 N 35(1). P. 1-9.

environment is communication. A means of communication is an active purposeful process of speech activity , that is, the creation of sentences and their perception. It can be noted that the main instigator of destructive situations in a person relationship can be defined as this destructive communication. The analysis of psycholinguistic research allows us to interpret 2 different interrelated influences that bring about such cases in the process of communication.

Accordingly, 1) an increase the speaker's self-esteem and 2) decrease the recipient's self-esteem. To do this, the communication process must undermine the recipient's self-esteem.

Summarizing the above points, we emphasize that destructive intrapersonal behavior takes place in the process of communication and goes through the manipulation of the level of self-esteem of the interlocutors.

Thinking about destructive metapersonal behavior, Zlokazov describes their course through 2 different types of processes:

1. Rejection of the individual's social role
2. The fact that a person perceives his social role (excessive) and completely unites with him.

The individual's rejection of his or her social roles is expressed in his or her actions that are antisocial, dysfunctional and ineffective in relation to society. The central point of a person's destructive activities is his refusal to fulfill his or her social role. To these, the following can be cited as an example: in relation to labor activity, the reading foliation, the imposition of punishment and the refusal to perform other roles of the same type, the first type of destructive metapersonal behavior, that is, it can be an example of the rejection of social roles. In the content of each of these cases, destructive behavior is manifested, for example, rejection or rejection of educational or labor activities, the denial of existing legislative rules, systems and norms can be observed in such cases as the violation of the activities of this backward society.

The second type of meta-personal destructive behavior is when a person assumes their social role (extreme) and becomes completely attached to it. The occurrence of this type of destructive condition in a person can be described in detail through a model of social identification⁴ developed by scientists such as D. Boduszek and P. Hyland. According to him, a group member pays great attention to recognition in the group, applying patterns of behavior that are accepted within the group as well as to other people when he is not directly present with the group members. The disastrous consequence of this situation is a peculiar form of behavior that occurs in the individual, who not only seeks to fulfill his social role but also has a high desire to protect the interests of the social structure, both inside and outside the group.

In our opinion, this type of behavior model, characteristic of fanatical personalities, is slightly more dangerous than the above 2 species, namely interpersonal and intrapersonal forms of destructive behavior. Because in the above types of meta-personal destructive behavior, it can harm a whole society if the person can cause mainly self-harm. The reason is that the introduction of the provisions of the law in the Society of the

⁴ Boduszek D., Hyland P. The theoretical model of criminal social identity: psycho-social perspective // International Journal of Criminology and Sociological Theory. 2011. № 4 (1). P. 604-615.

group in which he is a member is of paramount importance for him or her, begins to manifest itself as a value. It is against this background that the process of blindfolding and practical imitation of various ideas occurs. This view of destructive behavior allows us to gain some understanding of the psychology of the fanatical individual.

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