



APPLICATION OF PSYCHOLOGICAL METHODOLOGIES IN DIAGNOSIS OF PERSONAL DESTRUCTION

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Article history:	Abstract:
Received: 10 th February 2022 Accepted: 11 th March 2022 Published: 28 th April 2022	This article is devoted to the application of psychological methods in the diagnosis of personality destruction, which describes the results of theoretical and practical research on the formation of destructive personality traits, destructive character traits associated with social adaptation.
Keywords: Personality, Destruction, Influence, Destructive Character, Destructive Behavior.	

Destructive behavior has not been sufficiently studied in psychology, the content and causes of the concepts of "destruction", "destructive attitude", "destructive behavior" have not been studied in depth. Many researchers have focused on various manifestations of destruction, such as behavioral outbreaks observed during adolescence, aggression in women and men, murder, suicide, and terrorist activities. According to observations, some manifestations of destructiveness have been studied by biologists, geneticists, psychologists, sexologists, historians, lawyers. Given that the study of the problem as a whole can help to understand its essence, the problem of destruction, destructive behavior, its causes and consequences are not sufficiently studied, which justifies the urgency of the problem[1]

In psychology, a person's tendency to destruction, the characteristics of destructive behavior are studied on the basis of various methods. When we say destructive behavior, we mean mainly destructive behavior. Destructive character is a set of behaviors and personal characteristics that are destructive and non-social in nature, and are formed as a result of the assimilation of destructive patterns of personality behavior as its "I" characteristics. It is mainly related to the social adaptation of the individual. A person with such a character does not act and, accordingly, is unable to establish any social ties, rejecting any adequate forms of communication and connections. Destructive behavior has not been sufficiently studied in psychology, the content and causes of the concepts of "destruction", "destructive attitude", "destructive behavior" have not been studied in depth[7]. Many researchers have focused on various manifestations of destruction, such as behavioral outbreaks observed during adolescence, aggression in women and men, murder, suicide, and terrorist activities. According to observations, some manifestations of destructiveness have been studied by biologists, geneticists, psychologists, sexologists, historians, lawyers. Given that the study of the problem as a whole can help to understand its essence, the problem of destruction, destructive behavior, its causes and consequences are not sufficiently studied, which justifies the urgency of the problem[3].

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The destructive nature is closely related to the concepts of aggression and aggression. Thus, aggression should be seen as an innate trait of every living person, helping the individual to mobilize strength and active action. Aggression can be of two types:

- non-destructive aggression, which is a natural defense mechanism of any person;
- Hostile destructiveness in the form of violence, anger, revenge, rejection, evil.

Destructive character is characterized by the following typical features:

1. Negative attitude towards everything, increased level of criticism, constant dissatisfaction with others and their behavior.
2. Unreasonable aggression (anger), nervousness, nervousness. Opportunity for self-aggression and self-flagellation.
3. Use in various forms of violence (including psychological).

4. The dog of discriminating against others and subjugating others. An individual's behavior is focused on achieving his or her own interests, not on partnerships and equal relationships.

Confidence in one's own uniqueness, narcissism. Excessive rejection of help or comments[4].

2. Achieving behavioral goals does not bring happiness or complete satisfaction, but it does lead to a greater loss of destructiveness.

3. Low or no empathy.

4. Constant self-digging, self-blame (inherent in auto-destructive forms of behavior).

However, the manifestation of character destructiveness often depends on the following socio-psychological factors:

- low self-esteem;
- underdeveloped intellect;
- low level of communication skills;
- the nervous system remains in a state of increased excitability as a result of various physiological conditions (injury, disease).

Character destructiveness occurs in the following types of behavior:

1. Externally destructive (antisocial): threatens others and the social system, violates socially accepted moral norms or norms of law, including non-compliance with them: drug addiction, alcoholism, damage to the property of others, prostitution;

2. Indirectly destructive (antisocial) - aimed at other members of society and seeks to destroy interpersonal relationships and relationships with them (conflict as a means of communication, violence, aggression);

3. Autodestructive (dissociative) - self-destruction of psychological or medical order, which leads to the regression of the development of the individual's personality, its disintegration as a social person (suicidal thoughts and actions, food addiction, autism, fanaticism).

The destructiveness of character associated with social adjustment is more pronounced in adolescents, who remain closed and cruel even to their relatives. During this period, character destructiveness is more likely to be formed in those who have experienced severe psychological stress and are trying to adapt to a new cognitive reality[5].

Destructive interpersonal interactions involve the use of methods and forms of destructive behavior. The purpose of such an interaction is not to communicate on an equal footing, where the main thing is to reach a mutual understanding, solve the problem, clarify the situation, and so on. In most cases, the destructiveness of the interaction may be the result of the motivation of only one participant, rather than at the same time. The functions of such interactions stem from the personal motives of the conflict-destroyer, who does not seek to compromise, but sees communication or mutual destructive interactions as a "battlefield" to prove his innocence[6].

In particular, destructive interactions - insults, sometimes - the presence of threats; - nonsense of communication; - address the shortcomings of the interlocutor; - show your fears or shortcomings to others; - devaluation, embarrassment; - constant change of subject; - struggle to control the interlocutor; - the presence of sarcastic and discriminatory or sponsoring tone, insulting jokes; - use of physical violence; - active gestures (including obscene), raising the tone; - constantly ignores the words of the interlocutor.

The most complex forms of destructive interactions occur when both individuals seek destructive forms of behavior. The interaction itself then leads to the personal reality that no effective constructiveness is possible. Such interlocutors, if at least one of them does not give up their pattern of behavior, face mutual misunderstandings and destructive relationships continue openly and sometimes secretly.

If a person understands himself well, is able to control his emotional state, sets his goals correctly and works hard to achieve them, he will never have a negative psychological state. Willing, courageous people push forward. On the contrary, when we observe people in a negative mood, they exaggerate any small problem, become nervous in vain, because such people do not use the opportunity of life given to them properly[9].

A variety of psychological meiodics can be used to determine a person's propensity for destruction. In our research, we tried to study those among the respondents who had destructive behavioral characteristics using the "Tendency to Manipulate Others" questionnaire developed by psychologists Kristi and Geis.

Table 1
Indicators of respondents in the survey "Tendency to manipulate thers."

Respondents	Adolescents (11-15 years old)			
	n = 60			
Criteria	BMQT is low	BMQT is moderate	BMQT is above average	BMQT is high
Indicators	12	21	18	9
Percentage	20%	35%	30%	15%

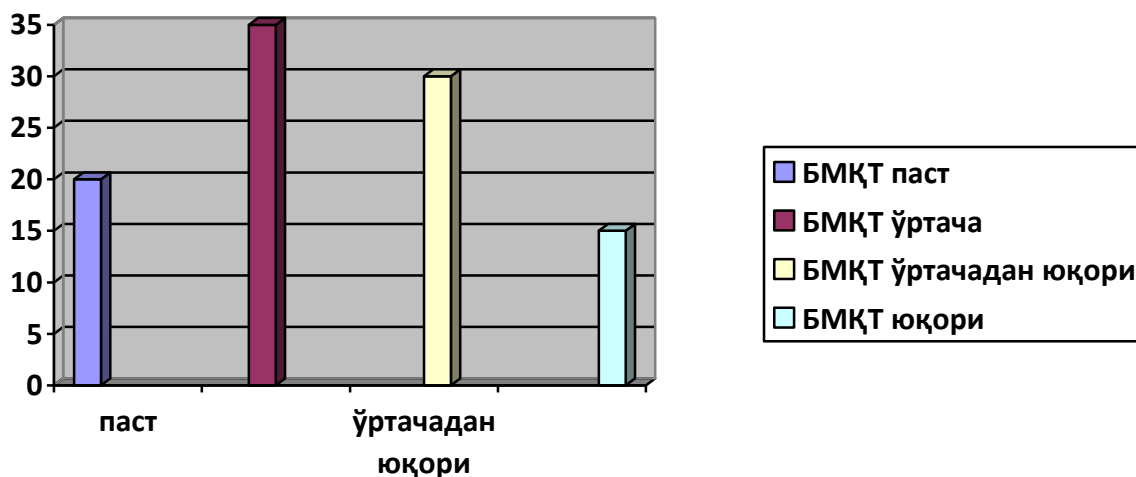


Figure 1
Indicators of adolescents in the survey "Tendency to manipulate others."

Table 2
Indicators of respondents in the survey "Tendency to manipulate others."

Respondents	Респондентлар	Adolescents (11-15 years old) n = 60			
Criteria	Мезонлар	BMQT is low	BMQT is low	BMQT is low	BMQT is low
Indicators	Кўрсаткичлар	17	23	13	7
Percentage	Фоизда	28%	38%	22%	12%

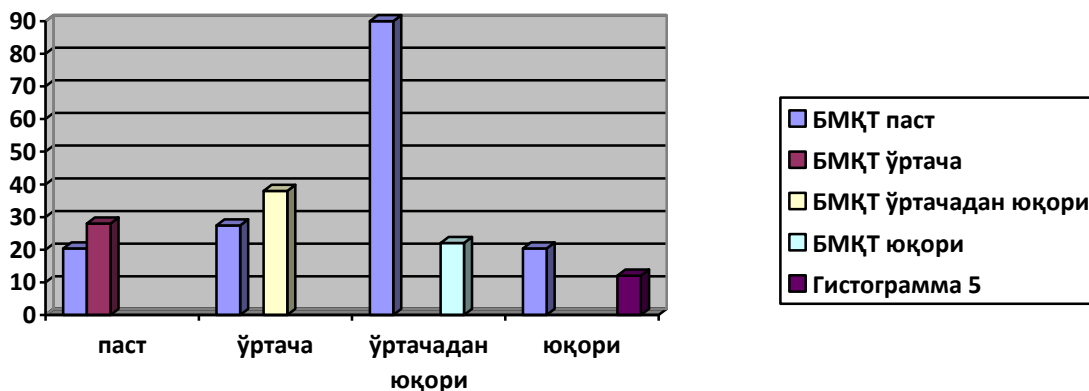


Figure 2
Indicators of respondents in the survey "Tendency to manipulate others."

Admittedly, one also needs to think about reshaping oneself, i.e., when practicing psychologists work with a student with destructive behavior, they are told to "Ask yourself a question. Who am I? Why do I live? What are my weaknesses? What can I do to improve my life? How can I help the people around me? What flaws do I need to change? What do I want from myself? What do I want from others? " should guide students to self-awareness by addressing questions such as.

RECOMMENDATIONS.

1. Systematic work on the diagnosis of destructive behavior, psychocorrection in educational institutions of practicing psychologists.

2. Carry out individual and group psychotherapeutic work with students with destructive behavior and eliminate negative traits.

3. To provide recommendations for students and parents, educators on the use of elements of individual and group psychotherapy in the elimination of destructive behavior.

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