

## CONSULTING AS A RESOURCE FOR PROFESSIONAL AND PERSONAL DEVELOPMENT OF LEADERS OF TERRITORIAL INTERNAL AFFAIRS

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### Annotation:

The article examines the psychological characteristics of the police officers of the Republic of Uzbekistan, in particular, such as the theory of aggressiveness, as well as anxiety. In the empirical part of our study, we carried out the method of correlation analysis, as well as observation of these qualities.

### Keywords:

Psychophysiology, psychological counseling, head of the territorial body of internal affairs, professional and personal development, developing counseling.



### Introduction.

The relevance of studying this topic, in our opinion, is directly related to the circumstance to study the psychological characteristics of police officers of the Republic of Uzbekistan, in particular, such as aggressiveness and anxiety, since the activities of police officers are directly related to communication between citizens and police officers. Modern conditions require from ATS officers communicative competence, as well as a kind of restraint.

### Literature.

The study of aggressive behavior has a long history, according to the study of which a change in views on the nature of aggressiveness emerges, starting with the biological approach (K. Lorenz) and ending with the approach of social learning of aggressiveness by P. Bandura. The psychoanalytic direction of the study of aggression is presented

Z. Freud, A. Freud, E. Fromm, A. Adler, K. Jung, K. Horney; the behavioral direction is presented by J. Dollard, L. Berkowitz, S. Rosenzweig, D. Watson; humanistic direction - K. Rogers, W. Frankl, F. Perls, R. Baron, D. Richardson. The study of the features of anxiety and anxiety was carried out by both foreign and domestic authors. One of the main approaches to the phenomenon of personal anxiety is to explain this mental state as a desire to consider most social situations as dangerous, which can result in possible behavior that is inadequate or inadapative to the situation. Many famous psychologists, such as Z. Freud, K. Horney, A. Freud, J. Taylor, A. Parikhozhan, R. May, H. Maurer, have studied anxiety.

Anxiety - as a personality trait is associated with genetically determined properties of the functioning human brain, causing a constantly increased feeling of emotional excitement, emotions of anxiety.

However, often the concept of "anxiety" is used by researchers in two main meanings, which are interrelated, but belong to completely different concepts. Personal anxiety is characterized by a relatively stable tendency of a person to perceive a threat to his own "I" in various situations, quite often it is inadequate to assess them and exaggerate their significance.

Aggression as a social and psychological phenomenon has been of interest to many authors for many years. Over the years, many different opinions have been interpreted in the study of this phenomenon. Aggression was also considered in the directions of philosophy, sociology, biology, anthropology, etc. Psychologists of other directions of that time considered aggressiveness as a component of motivation, which is fundamental in human behavior. Subsequently, they began to view aggressiveness as a socio-psychological phenomenon.

The representative of psychoanalysis, K. Horney, put forward the hypothesis that aggressiveness arises in a person when he begins to accept the hostility of others as his due, and also decides to fight for the purpose of self-defense and revenge. According to K. Horney, aggressiveness or the desire to inflict pain is a neurotic defensive reaction of a person who feels a threat to the satisfaction of his needs and wants, his values, his dignity, sees himself rejected, humiliated, deceived. A constant source of such a threat is the competitive nature of social relations in sexual, family, professional and other spheres of life.

The average level of situational anxiety can be characterized as the fact that the individuals of this group attach increased importance to a separate element of the situation, or they find the strength and ability to control their own emotional experiences. Such people strive to objectively assess the situations that have arisen. However, they do not succeed immediately, since there is no complete self-confidence, in a favorable outcome of the situation. A high level of situational anxiety was found in 43% of the subjects.

Based on this, we can say that for this type of people, the situation in which they find themselves is extremely important. They are dissatisfied with themselves, the people around them, and often withdraw into themselves. We can also say that individuals with a high level of situational anxiety tend to perceive certain events as containing a threat and danger to a much greater extent than individuals with a low level of situational anxiety.

## Conclusion.

Thus, the theory of aggression was investigated by such directions as the Psychoanalytic direction, whose representatives were Z. Freud, A. Freud, E. Fromm, A. Adler, K. Jung, K. Horney; behavioral direction presented by J. Dollard, L. Berkowitz, S. Rosenzweig, D. Watson; humanistic direction - K. Rogers, V. Frankl, F. Perls, R. Baron, D. Richardson.

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Based on the results of the correlation analysis, we can conclude that there are direct relationships between the scales of anxiety and aggression.

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