



THE IMPACT OF THE UPBRINGING PROCESS ON THE DEVELOPMENT OF VIOLENT TENDENCIES IN ADOLESCENTS

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Abstract. *This article examines the impact of the upbringing process, and particularly of family relationships, on the development of violent tendencies in adolescents. It reviews the views of psychologists on the phenomenon of violence, the causes of its emergence, and its principal forms – aggression, bullying, and social maladjustment. Adolescence is characterized as a transitional period accompanied by emotional instability, during which unresolved aggression may push a teenager toward destructive groups and delinquency. Special attention is given to family upbringing as a key factor that no educational institution can replace: a warm family environment positively shapes the child's psychology, whereas parental conflict and the absence of supervision lead to adverse consequences. The article concludes that preventing adolescent violence requires a deeper study of the psychological profile of adolescent bullies and step-by-step preventive work by parents and educators, together with the improvement of psycho-prophylactic and psycho-correctional programmes.*

Keywords: *violence, aggression, bullying, family relationships.*

INTRODUCTION

The accelerating pace of modern life, socio-economic factors, the sharp increase in the flow of information, and problems in family relationships are significantly affecting the mental state and behaviour of adolescents. Consequently, the development of aggression and violence, impaired social adaptation, and the manifestation of deviant behaviour are observed among adolescents.

From this perspective, in today's rapidly developing world it is crucial to study the factors influencing the development of violent tendencies in adolescents, and particularly the factor of family relationships (Presidential Decree No. PF-60, 2022; Law «On Education,» 2020). Violence among adolescents is one of the most acute problems not only for educators and psychologists but also for society as a whole.

Global social changes are also generating a range of negative outcomes among adolescents. Specifically, the rise in cases of violence, bullying, social isolation, and



social maladjustment during this period increasingly leads to negative consequences – such as adolescents’ inability to evaluate their own capabilities and skills adequately, to find their place in society, and their growing alienation from community life.

MATERIALS AND METHODS

The study is theoretical and analytical in nature. It is based on a review and analysis of the scholarly literature and normative sources on adolescent aggression, bullying, and the role of family upbringing, employing descriptive-analytical and comparative methods to summarize the views of psychologists on the causes of violence and to identify family relationships as a key factor in its development.

RESULTS AND DISCUSSION

Adolescence is a transitional period from childhood to adulthood, characterized by unique physiological and psychological features. During adolescence the teenager’s «self» (ego) is reconstructed. Their attitude toward others – and especially toward themselves – as well as their interests and value orientations undergo drastic changes. Former interests fade away and new ones emerge. This transition often manifests in negative behavioural patterns such as decreased working and learning capacity, rudeness, high excitability, self-dissatisfaction, aggression, anxiety, mood instability, depressive experiences, quick resentment, intense reactions to trivial matters, and low self-esteem (Elov, 2022).

During adolescence children become emotionally unstable. Psychologists attribute this to biological factors such as hormonal surges, physical restructuring, and puberty (Sharafutdinova, 2017). However, in some cases these emotional changes can take radical forms and turn into aggression. If an adolescent is left alone with their aggression, it may drive them toward destructive groups, ultimately leading to delinquency (Aggression in Adolescence, 2007).

Violence refers to aggressive behaviour aimed at dominating another person. It involves an individual asserting power over others in order to establish dominance. This is not a one-time occurrence but a frequently repeated action. A person who insults others may be termed a bully, mocking others for various reasons (UNESCO, n.d.). Violence is essentially the result of an individual’s perception of an imbalance of power.

Psychologists define violence as the intentional use of physical force or power – threatened or actual – against oneself, another person, or a group or community.



Violence is considered any act by groups or societies directed at another individual or community that takes place among adolescents. The results of such study will contribute to the prevention of adolescent violence, the strengthening of healthy family relationships, and the improvement of psycho-prophylactic and psycho-correctional programmes.

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