

DIRECTIONS OF CORRECTIVE WORK WITH AGGRESSIVE CHILDREN

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ANNOTATION

This article is devoted to corrective work with aggressive children, in teaching them to express anger in an acceptable form, to develop communication skills, to form personal qualities: benevolence, empathy, to teach self-regulation techniques. The solution to the problem of children's aggressiveness is possible only in close cooperation with parents.

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It is advisable to carry out corrective work with aggressive children in four directions:

1. teaching aggressive children how to express anger in an acceptable way.
2. teaching children self-regulation techniques, the ability to control themselves in various situations.
3. working out communication skills in possible conflict situations.
4. the formation of such qualities as empathy, trust in people.

Let's consider each of the directions.

Teaching aggressive children how to express anger in an acceptable way.

The behavior of aggressive children is often destructive and associated with unpredictable emotional outbursts, therefore the problem of teaching a child acceptable ways to express anger is one of the most acute and important problems facing adults.

What is anger? This is a feeling of intense resentment, which is accompanied by a loss of control over oneself. The term "anger", used since the 11th century, is derived from the word "pus". This was the name of the patient's condition, whose body was covered with festering wounds. Later, the word "anger" acquired a synonym for "rage".

There are four ways to express anger:

1. Directly (verbally or non-verbally) state your feelings, while giving out negative emotions.
2. Express anger in an indirect form by taking it out on a person or object that seems harmless. Without reacting immediately, a person may sooner or later feel the need to throw out anger from himself. But on the one who "turns up" by the arm, who is weaker and will not be able to fight back. This name of anger is called transference.
3. Restrain your anger by "driving" it inside. In this case, gradually accumulating feelings will contribute to the emergence of stress. If a person constantly suppresses their anger, they are more at risk of psychosomatic disorders. Unexpressed anger can be one of the causes of diseases such as rheumatoid arthritis, urticaria, psoriasis, migraine, hypertension, etc.
4. Retaining negative emotion until the moment of its onset, not giving it the opportunity to develop, while the person is trying to find out the cause of the anger and eliminate it as soon as possible.

When showing aggressive behavior, any child needs support, regardless of whether it is "benign" or "malignant" aggression. But the ways, directions of work will be different. In the first case, the main task will be the prevention of conflict behavior, aggression. Much attention should be paid to the child's self-esteem, I - the

concept, the problem of adaptation in the team. The second is about individual accompaniment. We will work with the child's personal potential and with his immediate environment: family, friends.

The tactics of psychological and pedagogical influence is based on the nature of aggressive behavior. In one case, the aggressive tendency should be ignored; in the other, to include aggressive actions in the context of the game, giving it a socially acceptable meaning. In the third, do not accept aggression and establish a ban on such actions; in the fourth, to actively engage in a game situation to deploy aggressive actions based on fear, and to seek an emotionally positive resolution of the problem.

In preschoolers, anger does not come on suddenly. An observant mother, a teacher can see the harbingers of an outbreak of rage, for example, she bites her lips, frowns her forehead. The manifestation of anger has three stages: inception, outburst, extinction.

If you can recognize the signs of the onset of anger, you can avoid the second stage by redirecting the child's attention to another activity. In the outbreak phase, comfort and punishment will not benefit the adult or comfort the child. Give the child some time, then gently try to comfort and offer help. Do not intimidate, do not lecture, do not shout - the child does not hear you. You need to try to talk to the child when the third stage is over - extinction. It is necessary to talk about why the problem arose and whether it could have been avoided. Try to analyze the situation.

When teaching children constructive ways to express anger, two directions should be used: teaching children to express their feelings directly and expressing anger indirectly, using play techniques.

The best technology for teaching children to express anger is R.Campbell's "Ladder of Anger". At the bottom of the ladder is passive aggression. The child does not openly express anger, driving it inside, but at the wrong moment (at a party) he is capricious, manipulates his parents, achieving his goal. The child needs to be taught to express anger verbally. He still expresses anger in a rough form, but rises to a higher level. You should make eye contact with the child, look at him calmly and give him the opportunity to speak out. Then talk about how you can express your anger in a positive way. Positive ways to express anger include:

- the ability to direct anger to the object (specific complaint);
- politeness in handling;
- strive to find a constructive solution.

Teaching children the techniques of self-regulation, self-control.

Aggressive children are prone to muscle tightness, especially in the face and hands. Therefore, relaxation and psycho-gymnastic exercises are useful. For example, the study "Rod". Children lift a "heavy barbell" and then drop it, rest.

The self-regulation method is effective. Exercise "Pull yourself together." "As soon as you feel that you are worried, you want to hit someone, throw something, there is a very simple way to prove your strength to yourself: clasp your elbows with your palms and press your hands tightly to your chest - this is the pose of a self-possessed person".

Interesting and effective relaxation exercises in the book by K. Fopel "How to teach children to cooperate."

Game "Warm as the sun, light as the wind." Children with closed eyes imagine a warm wonderful day. A gray cloud floats over their heads, on which they have placed all their sorrows of care. Bright blue sky, light breeze, soft rays of the sun help to relax the muscles not only of the child's face, but of the whole body.

Practicing communication skills.

The task of the educator is to teach children to get out of conflict situations, to develop communicative forms of communication. I.N. Agafonova developed a program of social and psychological education of children, in which basic communication skills are highlighted:

- greeting and farewell;
- appeal;
- request for support, help, service;
- providing support, assistance, services;
- thanks;
- renouncement.

Procedural communication skills:

- speak in front of others;
- listen to others;
- cooperate;
- to rule;
- obey.

Conclusion: Correctional classes include a number of methodological techniques that help the child overcome aggressive manifestations.

1. Reading a fairy tale or work of art.
2. Conversation on content.
3. Replaying problem situations.
4. Training of emotions.
5. Establishment of rules of conduct.
6. Psycho-gymnastics.
7. Playing with conflict situations and modeling a way out of them.
8. Replaying your emotional state in drawing, dramatization, games, modeling, construction, etc.

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