

**CAUSES, CONSEQUENCES AND PREVENTION OF THE OCCURRENCE
OF VIOLENCE IN THE FAMILY****Xamraqulova Kamola**

Senior lecturer of the Department of psychology of Gulistan State University

ANNOTATION

In the practice of psychological work with adults and children, I periodically experience bad violations caused by family violence. In some cases of physical, psychological violence in the family happens over the years. In this article, I want to analyze the phenomenon of family violence, consider the possible causes of its occurrence and, most importantly, the consequences of family violence for children brought up in these families. That is, thoughts and opinions are made about the Causes, Consequences and Prevention of the occurrence of violence in the family.

Keywords: *family, neighborhood, society, violence in the family, causes of occurrence, consequences, prevention.*

Violence, defined by the World Health Organization, is the deliberate use of physical or force aimed at one or another person (group of persons), resulting in (or likely to do so): bodily injury, death, psychological trauma, developmental defects, or any kind of damage. The consequences of violence are terrible. Post-violence violations affect work at all levels. They lead to constant personal changes that prevent the realization of the individual in the future. In addition to physical injuries, which are a direct result of being in a violent relationship with a person, there are psychological consequences: bodily disorders, personal and emotional disorders, social and mental disorders. Violence in childhood contributes to the formation of specific family relationships, special life scenarios.

In children whose parents use violent "methods of upbringing", physical and neuropsychic development can be delayed, self-esteem decreases, self-denial, there is a feeling of guilt and shame for their own existence. Later, such children are tormented by the fact that they have enough relationships with other people, they may experience depression or, on the contrary, an increase in the level of aggressiveness, inability to restrain themselves, demonstrate destructive behavior. Thus, the consequences of violence affect all spheres of human life! Any form of violence has a detrimental effect on the development of a person and its formation in society.

What are the reasons why one person uses violence against another? They are different. This is also a way of not being able to restrain one's own feelings (when experiencing anger, a person cannot restrain it and show physical or other aggression), as well as a "normal" way of expressing anger once, usually formed in childhood, a natural way of expressing a feeling of anger for a person (that is, it is perceived as violence against another person). In other words, violence is often used by people who cannot cope with the feelings of anger that arise in them, or who are completely unaware of other constructive ways of expressing it! Most often, violence against other people is used by those who once faced violence on their own.

And, of course, children suffer the most from this condition! Even if the financial does not face violence, but only becomes a witness of violence by adults who educate him, form an unhealthy opinion that such behavior is normal. Especially if then adults distribute self-justification and regret with their own "regret what happened"... Such children themselves are often more violent than others, but most importantly, they are

mature and begin to withstand violence against them. Having witnessed several violent relationships in their families, they really began to see this as normal! Also: the truth of violence with subsequent repentance can be perceived by them as proof of love. Children with injuries from this experience, becoming mature, repeat the fate of their sin-mothers. They really believe that this is normal, because they did not see anything else.

Of course, there are many secondary factors that affect the emergence and development of violent relations in the family. Parents who have seen their child grow up as aggressive do not always cope with this problem on their own and, unfortunately, rarely seek help from specialists. Such a credit grows as aggressive and, with great probability, within the framework of family relationships, they demonstrate their aggressiveness. Wives of aggressive husbands in their address do not want to talk about violence in order not to destroy the image of a "good family", do not ask for help from the police, because they are afraid of publicity. This can be attributed to the fact that their parents refuse to divorce. They are afraid to be alone with the problem and go out against not only the aggressive husband, but also the figures of the parents. Children are afraid to talk about violence from their parents, so as not to receive even more punishment. And if they decide to talk about it, then I can face my rejection: to hear that they themselves are to blame, that they have to endure. And sometimes people do not understand at all that it is impossible to accept such treatment - they actually see what violence is normal. Either he gets a slap in the head, or he pours threats and insults at him. No one considers such behavior to be normal and acceptable for other adults, but many people have such an attitude to their children-that is, the younger, the stronger, and who they should protect. But you can at least leave the boss. But children, from sin-mothers, have no chance to stop such violence and fall under his pledge.

CONCLUSION

These children grow not only with a large number of social and psychological problems and an unstable psyche, but also with a model of broken relationships in their heads. Then they are those who use violence against their loved ones, and those who, like adults, will endure such treatment for years. That is, they distribute aggressive behavior towards those who are younger and weaker, because the phrases that parents need to protect their youth do not work, because they themselves broadcast on the contrary! In order for the problem of violence in the family to be solved, it is necessary, first of all, to spread as widely as possible in society: about violence and its consequences! The fact that there are constructive ways to solve problems, that no one has the right to raise a hand against another, that one person has no right to threaten and put pressure on another. The main purpose of this article is to draw the attention of the readers to the problem of existing family violence. To highlight the devastating effects of violence, characterize violence transmission as a method of solving problems from generation to generation. With this article we want to emphasize once again that family violence is a very big problem in modern society. In this situation, changing something belongs only to our strength. Just stop treating the violence as usual.

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