



PSYCHOLOGICAL METHODS OF DEVIANT BEHAVIOR PREVENTION

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Abstract: This article discusses the causes of deviant behavior, ways to detect and eliminate it early, as well as the importance of psychological methods in preventing this condition. The article is of practical importance in developing complex psychological approaches aimed at preventing deviant behavior among young people.

Keywords: deviant behavior, prevention, family, environment, psychological imbalance, improper upbringing, norm, bullying, aggression, psychological methods, training.

Introduction. In modern society, cases of deviant behavior among young people are becoming more and more common. The formation of such behavior is associated with many factors: family problems, a negative social environment, improper upbringing or psychological imbalance. As psychologist A.V. Petrovsky noted, “deviant behavior is a person’s behavior that is formed contrary to social norms and occurs under the influence of certain psychological and social factors” (Petrovsky, 1996). Therefore, it is important to identify this problem early and take preventive measures based on an integrated approach.

Deviant behavior is an action that contradicts the norms and rules accepted in society and harms the individual or others around him. This includes truancy, bullying, criminal behavior, drug addiction, aggression, and other negative actions. Psychological prevention is a set of systematic measures aimed at preventing such situations, which includes studying, analyzing, and directing the mental state of a person in a positive direction.

Main part. Deviant behavior is behavior that contradicts social norms and moral norms, which negatively affects the personal and social life of people. This problem, which is widespread among young people, is determined by many factors.

-Psychological factors: Self-esteem, stress levels, depression and other mental states play an important role in the development of deviant behavior. Young people may engage in deviant behavior as a result of low self-esteem and social pressure.

-Social factors: Family, friends and educational institutions also play an important role in the emergence of deviant behavior. Social isolation, negative influences among friends and family conflicts have a negative impact on the mental health of young people.

Results and Discussion. The following main psychological methods are considered effective in the prevention process:

•Individual and group interviews. According to Uzbek psychologist N.M. Musurmonova, “through individual interviews with adolescents with educational problems, their psychological state, needs and motivation can be identified and an appropriate approach can be chosen” (Musurmonova, 2017).



•Trainings and psychocorrectional exercises. According to Russian psychologist L.I. Bojovich, “psychological trainings play a positive role in changing the social behavior and emotional state of a child, as they enhance self-awareness and develop social skills” (Bojovich, 1987).

•Psychodiagnostics. In order to assess the psychological state of a person, the causes of deviant behavior are identified through tests, interviews and observation methods. This allows for the creation of accurate and effective correctional programs.

•Role playing and psychodrama. Students learn to understand the consequences of their actions by role-playing different life situations. This method develops their empathy, responsibility, and self-control skills.

•Working with the family. American psychologist W. Bronfenbrenner, in his ecological systems theory, emphasizes that “the family is the first socialization environment of a person. If this environment is negative, the risk of deviant behavior increases” (Bronfenbrenner, 1979). Therefore, it is important to provide psychological and pedagogical advice to parents and review their upbringing methods.

•Art, sports and occupational therapy. Through activities such as painting, music, sports, and crafts, adolescents direct their emotions in a healthy direction. This increases their self-confidence and enhances their social activity.

Deviant behavior is a set of behaviors that contradict social norms and can lead to negative consequences for individuals. This problem is especially widespread among young people, and has a great impact on their personal development and social integration. Therefore, it is very important to develop and apply psychological techniques to prevent and eliminate deviant behavior.

Conclusion. Early detection of deviant behavior and effective prevention with psychological methods are important in the formation of healthy, responsible and socially adapted individuals among young people. Psychological methods - conversation, training, work with the family, art therapy, etc. - are among the main tools in the prevention of deviant behavior. As Erikson noted, “if a person does not understand his social role, social instability arises” (Erikson, 1968). Therefore, every educator and psychologist should try to understand the mental state of young people and create an environment of social support.

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