



## PSYCHOLOGICAL ASPECTS OF FAMILY AND SOCIETY VIOLENCE

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✓ *Resume*

*Physical violence in society and in the family is a topic of discussion and loud, and cases of emotional violence do not lead to such mass resonance. At the same time, psychological violence is no less than physical violence, and sometimes more dangerous. Psychological violence is rarely discussed, but at the same time, psychologists point out that it is more dangerous for the victim's psyche than physical violence. If physical violence weakens the body, psychological violence weakens the victim's spirit and personality.*

*Keywords: violence, forms of violence, psychological pressure, emotional tension, emotional consequences.*

## ПСИХОЛОГИЧЕСКИЕ АСПЕКТЫ СЕМЕЙНОГО И ОБЩЕСТВЕННОГО НАСИЛИЯ

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*Физическое насилие в обществе и в семье является обсуждаемой и громкой темой, а случаи эмоционального насилия не приводят к такому массовому резонансу. В то же время психологическое насилие не менее, чем физическое насилие, а иногда и более опасно. О психологическом насилии говорят редко, но в то же время психологи отмечают, что оно более опасно для психики жертвы, чем физическое насилие. Если физическое насилие ослабляет тело, то психологическое насилие ослабляет дух и личность жертвы.*

*Ключевые слова: насилие, формы насилия, психологическое давление, эмоциональное напряжение, эмоциональные последствия.*

## OILA VA JAMIYATDAGI ZO'RAVONLIKNING PSIXOLOGIK ASPEKTLARI

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*Jamiyatda va oilada jismoniy zo'ravonlik muhokama qilinadigan va baland ovozda mavzu bo'lib, hissiy zo'ravonlik holatlari bunday ommaviy rezonansga olib kelmaydi. Shu bilan birga, psixologik zo'ravonlik jismoniy zo'ravonlikdan kam emas, ba'zan esa xavfliroqdir. Psixologik zo'ravonlik kamdan-kam muhokama qilinadi, lekin ayni paytda psixologlar jismoniy zo'ravonlikdan ko'ra jabrlanuvchining ruhiyati uchun xavfliroq ekanligini ta'kidlashadi. Agar jismoniy zo'ravonlik tanani zaiflashtirsa, psixologik zo'ravonlik qurbonning ruhini va shaxsiyatini zaiflashtiradi.*

*Kalit so'zlar: zo'ravonlik, zo'ravonlik shakllari, psixologik bosim, hissiy taranglik, hissiy oqibatlar.*

## Relevance

Population-based surveys based on data collection from victims provide the most accurate estimates of the prevalence of intimate partner violence and sexual violence. An analysis of data on the prevalence of violence against women in 161 countries and territories between 2000 and 2018, conducted by WHO on behalf of the UN Interagency Working Group on Violence against Women in 2018, shows that almost one in three women or 30 percent of women worldwide is physically and / or sexually abused by an intimate partner or sexually abused by another person or both during their lifetime [2, 6, 8, 10].

More than a quarter of all women between the ages of 15 and 49 in a relationship have been physically and / or sexually abused by a close partner at least once in their lives (starting at age 15). The estimated prevalence of violence for intimate partners for different regions of the WHO ranges from 20% in the Western Pacific region, 22% in the high-income countries of the European region and 25% in the Americas to 33% in the African region. 31% in the Eastern Mediterranean region and 33% in the Southeast Asian region [2,10].

Globally, 38 percent of women's murders are committed by their close associates. In addition to violence by intimate partners, 6% of women say they have been sexually abused by non-partners, although reports of sexual violence by strangers are much more limited. Violence and sexual violence by partners are often committed by men against women.

With the COVID-19 pandemic, self-isolation and quarantine have made women more vulnerable to abuse and certain risk factors by their partners, while services have become less accessible to them. Humanitarian crises and migration can exacerbate existing problems of violence, including sexual violence by close partners as well as others, and lead to new forms of violence against women [2,3,4].

Physical violence in the family is a topic of discussion and loud, and cases of emotional violence do not lead to such mass resonance. At the same time, psychological violence is no less than physical violence, and sometimes more dangerous.

Oppressive land is a topic of general discussion. If the oppression is accompanied by physical violence, then everything is clear - you have to leave. How fast? Many women receive such advice when they complain that their friends and family members have been beaten. However, in addition to physical violence, there is also psychological violence.

Psychological violence is rarely discussed, but at the same time, psychologists point out that it is more dangerous to the victim's psyche than physical. If physical violence weakens the body, psychological violence weakens the victim's spirit and personality. To get started, you need to figure out what psychological violence is. Psychological (moral, emotional) violence is a method of non-physical pressure on the human psyche [1, 5, 9]. Typically, this pressure is applied at four levels:

- Behavior control (controls the victim's social circle and his or her actions, holds him or her accountable for delays, where he or she can arrange for a long interrogation) and with whom?
- Controlling thinking (the victim is charged with the attitude of the oppressor);
- control of emotions (emotional changes, arousal of emotions - from positive to negative, manipulation to arouse certain emotions);
- Information control (controls what books the bully reads, what music he listens to, what movies and TV shows he watches).

How does this manifest itself in practice? It can be difficult to recognize a psychological tyrant. The first sign is that the relationship is very emotional from the beginning. They quickly become serious people. They tell you about crazy love, only you can make her happy ...

Problems start a little later - the abusive partner starts talking critically about your actions, your friends, your work. It is often said that he requires you to resign, his funds are enough to support you ...

Be careful! In fact, under the guise of love and care, you have complete control - the tyrant seeks to control your social circle, your actions, and even your thoughts. The tools don't matter much - it can be a poisonous joke, or conversely, it can be a show of such sincere grief that you start to feel guilty for hurting this wonderful person ... Constant pressure leads us to abandon our relationship and accept our partner's attitude. Psychologically abusive disrupts the victim's personality, disrupts his or her attitude, lowers self-esteem. The victim is increasingly feeling unnecessary, stupid, dependent, selfish - fill in the blanks. He is becoming more and more dependent on the tyrant. And he, in turn, zealously develops the belief that if he is not, he will no longer be needed by anyone. The oppressor can

sacrifice himself resolutely. But this position has nothing to do with real acceptance and sacrifice. It's a kind of emotional bondage in the spirit of "I give you everything - but you always owe me". It can be difficult to separate psychological violence from real care. Focus on your emotions. If guilt over your partner bothers you, but at the same time you can't clearly understand exactly why you feel guilty, it is a clear sign that you are experiencing psychological abuse [4, 10].

Why is emotional violence dangerous? The danger of psychological violence is that nothing special happens when viewed from the outside. Which couple will not have a fight? Attempts to complain about the relationship are rarely understood by loved ones - by the tyrant they always seem to be the best people and the victim himself cannot clearly explain why he feels uncomfortable. "You're crazy about obesity," he hears. On the other hand, the victim is treated by a tyrant who tells them that everything is in place, that they have a very good relationship - and that he feels bad because he is selfish or doesn't know how to be happy. Know how it should be ... The use of physical force against a person or a social class or various threats, the imposition of their will. The child in the family may be directly exposed to a variety of abuses or may be indirectly, psychologically involved, in the violent relationships of adults. In the second case, the child acts as a witness to the violence, as has long been believed. The most inconvenient situation for a child is when physical, emotional or other types of violent acts are committed by an adult and there is no one in the family who can protect and safeguard the child. Violence against a child by adult family members can be complex or manifest only in certain forms. There are four main types of domestic violence against children, each of which can manifest in different forms of severity.

Causes of violence: - financial difficulties; - financial difficulties; - the presence of an unemployed person in the family; - the presence of an unemployed person in the family; - unresolved housing problem; - unresolved housing problem; - alcoholism and drunkenness among family members; - alcoholism and drunkenness among family members; - Presence of drug addiction in the family; - Presence of drug addiction in the family; - single-parent family; - single-parent family; - stepfather or stepmother in the family; - stepfather or stepmother in the family; - a child with a disability or health problems; - a child with a disability or health problems; - unwanted child; - unwanted child; - difficult child; - difficult child; - removal of many moral prohibitions; - removal of many moral prohibitions; - family disputes; - family disputes; - self-affirmation at the expense of the weak; - self-affirmation at the expense of the weak; - The cult of cruelty is promoted in society. - a cult of cruelty promoted in society.

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