

PSYCHOLOGICAL BASIS OF THE CONCEPT OF CONFLICT BEHAVIOR

Berdieva Gulmira Juraevna

gulmira.juraeva@gmail.com

Teacher, Karshi State University, Department of Psychology.

Abstract: Conflict behavior is more probable, and often more enduring, the greater the interdependence in the relationship. How conflict will be manifested, however, will be greatly influenced by the more qualitative features of the relationship. The specific repertoire of behaviors used to manifest conflict—their aggressiveness, intensity, persistence, and other behavioral characteristics—will be regulated by the formality or informality, stability or transience, and orientation (task vs personal) of the relationship.

Key words: Cognitive, dissonance, conflict, resolution, approach-avoidance conflict, avoidance-avoidance conflict, ambivalence.

It is known that the scientific study of the phenomena of conflict and internal conflict began in the late 19th century and was associated with the Austrian scientist, founder of psychoanalysis Sigmund Freud (1856-1939). He identified the biopsychological and biosocial nature of the internal conflict. He showed the existence of a person under constant stress and the biological condition and socio-cultural norms in humans, as well as the relationship between their desires (mainly sexual) between consciousness and unconsciousness. According to Freud, this confrontation and constant struggle is the basis of internal strife. Within the framework of psychoanalysis, the theory of internal conflict was developed by Carl Jung, Karen Horn, and others. The German psychologist Kurt Levin (1890-1947) made a significant contribution to the study of the problem of internal conflict. It defines the state as the effect of an individual force of the same magnitude and opposite direction at the same time. That is why there are three types of conflict. Man is between two equal positive forces [1].

Further development of the theory of internal conflict developed in the work of representatives of humanistic psychology. One of the leading figures in this field was the American psychologist Carl Rogers (1902-1987). According to him, a fundamental component of the structure of the person is the concept of «I», which represents the image of the person, the image of «I», which is formed in the process of interaction of the person with the environment. Based on the «I-Concept», a person controls his behavior [2].

However, the «I-Concept» is often incompatible with the idea of an ideal «I». There may be a protest between them. This dissonance occurs as an internal conflict between the «I-concept» on the one hand and the «ideal-I» on the other, and can lead to serious mental illness. The now popular theory of internal conflict was developed by the Austrian scientist, psychologist and psychotherapist (1905) Victor Frankl. He created a new direction in psychotherapy, logotherapy. (Greek. Logos- thought, contemplation and Greek. Therapiea - treatment). According to him, logotherapy deals with the meaning of human existence and the search for this content. According to Frankl's concept, the main driving force in everyone's life is to find its content and to fight for this content of life. But not all people can create meaning in life. Lack of content creates an existential state in a person, also known as a sense of aimlessness and emptiness. It is the existential vacuum that causes large-scale internal conflicts, which are manifested with great force in «noogenic neuroses» (Greek.noos - content) [2].

According to the author of the theory, internal conflicts in the form of noogenic neurosis are caused by mental problems and are associated with a disorder in the «mental core of the individual.» In this form, noogenic neurosis is a disorder of the internal structure of the person, which is caused by the absence of a person's vital content, an existential vacuum. It is the existential vacuum, the aimlessness, and the insignificance of existence that cause individual existential frustration at every step. This is often manifested in boredom and apathy. It should be noted that for psychiatrists, boredom is more of a problem than a need. It is easier to satisfy a need than to get bored and apathetic. Boredom is a lack of meaning in life, a lack of

meaningful values, which is a serious problem because finding meaning in life is more difficult than gaining wealth. In addition, the need motivates a person to move, to get rid of neurosis, and boredom is associated with an existential vacuum, which makes a person more difficult and leads to a violation of psychological development.

Russian scientists A.R. Luriya, V.N. Myasishev, V.S. Merlin and others have made a significant contribution to the problem as a result of their scientific research. First of all, A.N. It is worth noting the work of Leontyev (1903-1979). He interprets the concept of the problem of internal conflict in the theory of the role of active activity in the development of the individual. According to his theory, the existence and composition of internal conflict depends conditionally on the nature of the structure of the individual. One of the important characteristics of a person's inner structure is that no one can live on a single goal and motive, even if he or she has a clear motive and a leading motive in his or her behavior. A.N. According to Leontyev, the motivational sphere of the individual is never reminiscent of a frozen pyramid, even at the highest stage of development. The structure of the person, he wrote, represents a stable configuration of the basic things (internal hierarchical, motivational lines). The fact is that the «direction of the person» is incorrectly described, because even if a person has a clear and leading way of life, he will never be unique. Serving a chosen goal, in turn, is ideal in shaping motivational motives that do not limit or encompass other aspects of one's life. In short, a person's motivational field is the peak area. The various motives of the individual in these conflicting «peaks» of the motivational sphere give rise to internal conflict [3].

The concept of internal conflict by the American psychologist Abraham Maslow (1908-1968), one of the leaders in humanistic psychology, became well known. According to him, the motivational structure of the individual consists of a number of organized hierarchies of needs:

1. physical needs;
2. need for security;
3. the need for love;
4. need for respect;
5. The need to seize opportunities

V.I.Kurbatov «Conflictology» Rostov na-Donu «Phoenix» 2007 142 pages. The highest is the need for self-actualization, that is, the realization of potential, as well as one's abilities and talents. It manifests itself in the desire to be that person, knowing who and what they are. But that is not always possible. It can be found in many people, as well as in the ability to attract their potential, but it is not realized in everyone. The intersection between trying to maximize one's potential and its real outcome lies at the heart of this internal conflict [4].

Conflict of needs. It is based on the fact that our needs contradict each other and motivate us to different actions. YA, sometimes we can want two or more things that contradict each other at the same time, and as a result we can't do anything. For example, a child is eating sweets. Her mother is begging her to give her sweets. The child has to eat and give to his mother. In this situation, he feels a conflict of needs and cries.

The conflict between need and social norm. A very strong internal demand can meet our compulsive demand. It remains to be seen whether we will respond to the need.

The following type of internal conflict is recognized by Sigmund Freud with many examples. In his terminology, the contradiction that causes this type of conflict is the contradiction between «Id» (U) and «Super-ego» (Higher I). While Id focuses on aggressive instincts, Super-ego embodies the mental norms, prohibitions, and incentives that a person assimilates.

Conflict of social norms. The essence of this conflict is that one feels the same pressure of two contradictory social norms. For those who believe in this, the conflict situation is a contradiction between class and religious debt. The clearer structure of the classification of internal disputes can be seen in the works of A.Ya. Ansupova and A.I. Shipilova. They study the value-motivation area of an individual in classification. They distinguish the following main types, depending on which side of a person's inner world leads to conflict:

Motivational conflict. It is a conflict between unconscious aspirations, involving two positive trends: ownership and security.

Moral conflict. This conflict is a conflict between desire and debt. In other words, it is a conflict between personal subordination and spiritual principles.

Unfulfilled wishes or incomplete disputes. It is a conflict between a person's desires and actions, and is characterized by a lack of satisfaction. Sometimes this conflict is interpreted as «I want to be like them» and the impossibility of this desire. This conflict can arise when a person is physically unable to fulfill his desires. For example, a person is not satisfied with his appearance and physical abilities.

Probable conflict. This conflict is caused by the inability to perform multiple roles at the same time (internal conflict between roles). This conflict can be approached as follows.

For example, a person is assigned to work outside of work as an employee of a large organization, but as a note, he intends to spend his free time with his children. While such situations require the presence of a person at the same time between the two roles, they lead to a conflict of inner dissatisfaction.

Adaptive conflict. This dispute has two meanings. In the broadest sense, it is based on a violation of equality between the subject and the environment, while in the narrow sense, it is based on a violation of the process of social or professional adaptation. It is a conflict between a person's needs and abilities (professional, physical and mental). Conflicts over self-assessment arise between an individual's own capabilities and a claim. This can lead to high levels of anxiety and emotional stress.

Neurotic conflict. It is the result of a simple internal conflict that persists for a long time, is characterized by high tension and a struggle against the person's inner strengths and motives. The types of disputes listed above do not provide a clear classification. The history of the development of the concept of conflictology shows that there are different types of internal conflicts. These types have been developed by different scientists and researchers at different times and have been interpreted from a scientific point of view. One of them

Frustration (Latin: Frustratio - failure of plans, disruption) is a mental state of a person, which is caused by unclear objective or subjective difficulties in solving a task or striving for a goal.

Frustration is always a difficult experience in failure or conflict. It can be considered as a form of psychological stress. Frustration is a negative consequence of internal strife. It increases the tension of frustration tolerance, that is, the formation of a person's resilience to frustrators. It is accompanied by a number of negative emotions: anger, nervousness, guilt, and so on. The stronger the internal conflict, the deeper the frustration [5].

Different people approach it differently. Everyone is unique in their sensitivity, and everyone has their own individual strength in overcoming frustrating reactions to their own internal conflicts.

Neuroses (Greek. Neuron-nerve). It is a group of psychogenic, more widespread neuropsychiatric disorders. One of the most important causes of neurosis is deep internal conflicts that cannot be resolved positively and rationally. The onset of neurosis means that internal conflict has reached the level of neurotic conflict.

In short, overcoming and resolving internal conflicts through conflict will improve the character, will and psychological life of another person. The following conclusions can be drawn from this paragraph:

1. Conflicts mobilize a person's resources in development;
2. Conflicts contribute to an individual's self-awareness and self-esteem;
3. Internal conflict strengthens the human will and psyche;
4. It is a way and means of self-development and self-realization;
5. Conflict resolution allows a person to feel a full and rich life. In this case, internal conflicts allow us to push the joy of victory over ourselves, that is, a person brings his real «I» closer to the ideal «I».

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