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## **DEVIANT ADOLESCENTS' AUTO-AGGRESSIVE BEHAVIOR IN WARTIME**

Auto aggression is a protective mechanism of the psyche, a stress reaction, and psychological trauma. When a person cannot direct an aggressive impulse to an external object that caused his aggression, he/she redirects it to himself/herself.

Self-aggression in children is a complex psychological problem. It is set of behaviors aimed at harming yourself mentally or physically. One of the most common manifestations of self-harm is self-harm [1].

One of the main factors that give a certain shade to aggressive behavior of age psychological features are fundamental differences in people's mental activity. They determine the main, most fundamental differences in the mental activity of people. they are the specificity of interpersonal interaction, the nature of internal experiences and emotional reactions, the motivation of actions and activities, positive or negative background of attitudes toward oneself and others that motivate the individual to act.

Auto-aggressive behavior among deviant adolescents in wartime delves into the complex interplay of individual, societal, and environmental factors that contribute to the manifestation of such behavior.

Adolescence is a critical period marked by significant physical, cognitive, social, and emotional changes. It is time of exploration, identity formation, and heightened susceptibility to external influences. However, for adolescents living in war-torn regions, this developmental stage is fraught with additional challenges and adversities. The confluence of conflict-related stressors, societal disruptions, and exposure to violence exacerbates the vulnerabilities of this population, leading to various maladaptive coping mechanisms, including auto-aggressive behavior.

Auto-aggression, defined as deliberate harm inflicted upon oneself, manifests in diverse forms ranging from self-harm and substance abuse

to suicidal ideation and reckless behaviors. While auto-aggressive tendencies are not exclusive to wartime contexts, the unique stressors associated with armed conflicts significantly amplify the prevalence and severity of such behaviors among deviant adolescents.

The literature on auto-aggressive behavior among adolescents highlights a multitude of factors contributing to its onset and persistence. Psychosocial theories emphasize the role of adverse childhood experiences, trauma exposure, familial dysfunction, and psychological distress in precipitating self-destructive behaviors. Moreover, the developmental perspective underscores the significance of identity formation, peer relationships, and autonomy in shaping adolescents' coping strategies and risk-taking behaviors.

Such researchers as Shcherban, T., Bretsko, I., Varha, V. mentioned three factors that are important in terms of incitement to aggression:

1. the degree of satisfaction expected by the subject from the future achievement of the goal;
2. the strength of the obstacle on the way to achieving the goal;
3. number of consecutive frustrations [2, p. 424].

In wartime these risk factors are compounded by the pervasive influence of conflict-related stressors. Adolescents living amidst armed conflicts experience heightened levels of fear, uncertainty, and trauma, which disrupt their developmental trajectories and exacerbate preexisting vulnerabilities.

Psychological and social problems influence auto-aggressive behavior. They are: interpersonal conflicts in the family and the immediate environment, lack of adequate self-realization, various pathopsychological personality disorders or social problems such as lack of work, a low level of material well-being, a low level of social contact [3, p.1399].

The erosion of social support networks, disruption of educational systems, and breakdown of community structures further exacerbate the psychosocial distress experienced by deviant adolescents, rendering them more susceptible to engaging in auto-aggressive behaviors as a maladaptive coping mechanism.

Furthermore, the normalization of violence, proliferation of weapons, and exposure to atrocities desensitize adolescents to the value of human life, fostering a culture of aggression and self-harm. The loss of hope for the future, coupled with feelings of powerlessness and despair, contributes to a sense of nihilism among adolescents, further fueling their propensity towards auto-aggression.

The synthesis of qualitative and quantitative findings elucidates the multifaceted nature of auto-aggressive behavior among deviant adolescents

in wartime contexts. The interplay of individual vulnerabilities, environmental stressors, social and cultural factors underscore the complexity of this phenomenon, necessitating a comprehensive, multi-dimensional approach to intervention and prevention.

Psychosocial interventions targeting adolescents' coping skills, emotion regulation strategies, and social support networks hold promise in mitigating auto-aggressive behaviors and promoting resilience in war-affected populations. Community-based programs focused on psychosocial rehabilitation, trauma-informed care, and peacebuilding initiatives play an important role in addressing the root causes of violence and fostering a culture of non-violence and reconciliation.

In wartime people's emotions are instable, and anxiety, anger and hatred are temporarily substituted by apathy or euphoria leading to war adaptation. Negative emotions triggered by the war evoke aggression intended to harm the social relations of individuals or groups from the hostile parties [4, p.68].

Auto-aggressive behavior among deviant adolescents in wartime is a multifaceted phenomenon influenced by a myriad of individual, social, and environmental factors. By elucidating the distinctive features of this behavior within the context of armed conflict, it is important to underscore the urgent need for targeted interventions and systemic reforms to support the mental health and well-being of war-affected adolescents. Through collaborative efforts, it is possible to mitigate the adverse impact of wartime trauma and empower adolescents to rebuild their lives with resilience and hope for the future.

### **References**

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