

## Social Psychological Interpretation of Alturistic and Aggressive Behavioral Actions in Interpersonal Relations

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### **Abstract:**

This article talks about the importance and relevance of the chosen problem, which allows to study and determine the specific aspects of interpersonal relations under the influence of altruistic direction.

**Keywords:** altruism, interpersonal relations, family, parent, child, aggression, depression, depressive thinking, upbringing, correction, respondent, aversive situations, excitement, popular culture and group context.

In the manifestation of altruism and aggression towards another person, their meanings and methods have different appearances. In psychology, the essence of these two relationship models has different interpretations. Usually aggression is given more importance in academic articles and speeches. At the same time, altruism is interpreted as a socio-ethical, spiritual value and is not explained scientifically. But on the pages of newspapers, on television screens, in fiction, in documentaries, there are many examples of the manifestation of altruistic behavior and aggression: when someone did not come to help when they had the opportunity to help, when someone came to help someone, putting aside their own interests. examples are many. The question arises: "What is the basis for people to show aggression or altruistic behavior?" When and why do people exhibit aggressive or altruistic behaviors? How can these events be influenced?"

In social psychology, altruism is interpreted as follows: firstly, altruism is a phenomenon not related to conscious actions of helping someone, devoid of selfish interests, and secondly, it is a behavior directed at the interests of other people, in which this action is there is an option to perform or not to perform, and thirdly, helping another is defined as an event where no encouragement is required. There is a concept of altruism with an original appearance (real, autectic), which is not aimed at receiving thanks. Such altruism is applauded in the teachings of the great humanitarians and in the classic world literature, and humanity is recognized as one of the highest values. This altruism is interpreted as a clear example of imitation.

At the same time, there are many examples of demonstrating altruistic behavior in front of many people, performing altruistic actions for one's own benefit. Many famous stars see certain benefits by giving up their time and money, and their altruistic acts make them even more famous. The following can be said about selfless altruism: in some cases, these actions are rewarded openly or secretly.

Based on the above considerations, altruistic behavior can be explained on the one hand as an act that does not require anything in return. But, in the first and second cases, others are helped. In

addition, it should be noted that the manifestation of such a field in the activity of a person is realized in a certain system of social activity, that is, only the broad social context can give a correct interpretation of altruism.

Understanding the nature of altruism requires solving the problem of its motives, that is, it is necessary to determine what its motives are based on. The theory of social exchange defines altruism as follows: human interaction is directed by "social economy".

Here it is necessary to take into account the exchange of love, status, information along with goods, money and other things. In such cases, output decreases and motivation increases. Proponents of the social exchange theory argue that the analysis of output and incentive and the goal of achieving the maximum positive result for oneself determines our altruistic actions. A lot of abuse, cursing, and beating of children in the family causes them to adopt an aggressive behavior model. In cultural forms where the father has a low position in the family, the tendency of children to commit crimes increases.

Television teaches us different forms of violence.

Watching violence on TV:

- 1) increase in aggressiveness;
- 2) increase in audience sensitivity to violence;
- 3) causes the formation of their misconceptions about social existence.

The following conclusions can be made from what has been said: Aggression manifests itself in two forms: hostile aggression arising from an emotion like anger and aimed at causing harm, and instrumental aggression, which is considered a way to achieve some positive goal.

Aggressive reactions factors that trigger chanism include: aversive situations, excitement, popular culture, and group context. Aversive states: pain, unbearable heat, aggressive behavior, congestion.

Modern ethical principles strictly limit the use of pain stimuli for research purposes. In addition to physical pain, "psychological pain" can also be observed. "Psychological pain" is what we call frustration. Pain also increases aggression in people. All of us can remember a similar reaction when we got a bad headache or stubbed our toe.

Leonard Berkowitz conducted such an experiment with students of the University of Wisconsin. Students had to put their hands either in warm water or in very cold water. Later, the students who put their hands in cold water remembered that they gradually became angry and were ready to scold the other examinee who was making unpleasant sounds. The conclusion was that aversive situations are considered to be a more effective mechanism for triggering aggression than frustration. Any aversive event, whether it is an unfulfilled hope, a personal insult, or physical pain, can cause an emotional outburst. Even a painful depressive state increases the likelihood of hostile aggressive behavior.

According to the climate theory of culture, extremely favorable climatic conditions lead to a high level of culture, and harsh, unfavorable climatic conditions cause a specific culture and, accordingly, specific national psychological characteristics. at the time, Giocrates compared the high culture in Greece with the wild morality of modern Germany and Sweden, and believed that the reason for this was the harsh climate of Europe. Bad smell, tobacco smoke, air pollution can cause aggressive behavior. Subjects who filled out questionnaires in normal and warm, humid rooms in the laboratory said that hot, humid rooms made them feel tired and aggressive, and that the appearance of any stranger angered them. Research also suggests that extreme heat can trigger the manifestation of vindictiveness.

Although it is difficult to confirm a direct link between temperature and aggression, it is clear that high temperatures cause excitement, and people become angrier in the heat. Heat causes aggressive thoughts and feelings.

Pure altruism is applauded in great humanistic teachings and classic world literature, and humanity is recognized as one of the highest values. This altruism is interpreted as a clear example of imitation.

In order to understand the nature of altruism, it is necessary to solve the problem of its motives, that is, it is necessary to determine what its motives are based on. The theory of social exchange defines altruism as follows: human interaction is directed by "social economy".

Based on the above, the study of altruistic behavior in a broad sense and the practical application of the obtained results are important scientific innovations for society.

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