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# SCIENTIFIC-THEORETICAL BASIS OF THE PROBLEM OF DETERMINING AGGRESSION IN PERSON IN PSYCHOLOGY

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### Abstract

The article explores the psychological essence of aggression, focusing on its passive and active forms as well as their manifestation in social, emotional, and cognitive processes. It analyzes A.G. Bass's and S. Feshbach's classifications of aggression, highlighting differences in motivation and purpose. The study also examines the open and hidden expressions of aggressive behavior in family and social relations, their connection to criminal acts, and their impact on individual psychology through practical examples.

**Keywords:** Aggression, passive aggression, active aggression, personality behavior, hostility, psychological analysis, criminality.

### Introduction

Many psychologists define this as a separate form of aggression, stating: "This is aggressive resistance, but it is not aggression that attacks someone's life or causes direct harm; therefore, in terms of its purpose, it is appropriate to define it as a passive form of aggression, namely direct passive aggression (overt passive aggression)."

Psychological research acknowledges that, however interesting it may be, passive aggression in itself is generally considered relevant in the process of addressing the issue of criminality.

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At this point, we are interested only in identifying and studying aggression that involves causing harm to others, committing offenses, and engaging in actions that violate constitutional rights. Returning to the example of the neighbor sitting on the doorstep, that person may be accused of violating property ownership rights, and we can determine the aggressive intent behind such behavior. In general terms, aggressive actions and the type of hostility we aim to examine do not fall under the category of “passive aggression.”

Using family relationships as an example, in classifying the types of aggression manifested in an individual, we will refer to the model proposed by A. G. Bass (1971) (see Table 1.1) [9; 307].

**Table 1.1.** Types of individual aggression according to A. G. Bass.

Agressiya turlari	Agressor xatti-harakatlari ko‘rinishi			
	To‘g‘ridan-to‘g‘ri agressiya faol	Bilvosita agressiya	To‘g‘ridan-to‘g‘ri sust	Bilvosita sust agressiya
<b>Jismoniy agressiya</b>	Zarba berish	Oyog‘idan chalish	Xalaqit berish, ziyon yetkazish, to‘siqlar	Vazifani bajarishdan bosh tortish
<b>Verbal agressiya</b>	Jabrlanuvchini haqorat qilish, nafsoniyatiga tegish.	Yomon mish-mishlar, yomon gap so‘zlarni tarqatish.	So‘zlashishdan bosh tortish	Kelishishni xohlamaslik yozma yoki og‘zaki

From Table 1.1, we can easily distinguish situations related to or confused within the individual. These distinctions merely demonstrate the diversity of manifestations of aggressive states and the considerable complexity involved in identifying them. From this perspective, a number of social psychologists have concluded in their studies that “identifying human aggression is quite difficult.” In his research, S. Feshbach (1964) divides aggression into two types in order to define and classify it in a satisfactory manner:

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- **Hostile (aggressive) aggression**
- **Instrumental aggression**

Feshbach differentiates these two types according to their goals and motivation (here, the “reward” received by the aggressor is implied) [74; 257–272].

In our research, we mainly examine the “hostile” form of aggression, that is, aggression characterized by hostility and the infliction of harm. According to Feshbach, this type of aggression most often occurs when anger is aroused and is associated with aversive stimuli and impacts, such as insults, attempts to humiliate or degrade, slander, rumors, gossip, physical attacks, and manifestations related to personal failures.

In such cases, the aggressor’s goal is to force the victim to suffer. In his studies, Feshbach refers to the actions of many murderers—rape, sexual assault, and other serious crimes, that is, “actions aimed at causing harm and suffering to the victim”—as hostile aggression. This is because such situations are characterized by impulsive, rage-driven behavior (strong emotional arousal or external stimuli that destabilize the individual), and the actions are clearly linked to external frustration (for example, an unemployed family breadwinner acting emotionally and even shooting a motorcyclist who happens to cross his path, believing that he has taken revenge on society and deriving satisfaction from it) [74; 257–272].

The second type proposed by Feshbach—**instrumental aggression**—refers to crimes committed by an individual with the aim of obtaining something (money, jewelry, property, land, or territory). It is directed toward acquiring a desired object under any circumstances and removing obstacles along the way (breaking, destroying, or forcibly attacking a person if necessary). According to Feshbach’s research, the instrumental aggressor does not engage in destructive behavior with the intention of causing suffering to others, but solely to obtain something. If a person stands in the way as an obstacle, the aggressor eliminates that obstacle coldly, without prior intent to cause harm or suffering [74; 257–272].

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David N. Daniels, Marshall F. Gilula, and Frank M. Ochberg define aggression as “an action undertaken with the aim of causing physical or psychological harm to another person, or an attempt to destroy an individual or an object.” This definition encompasses all types within A. G. Bass’s typology. Not all of these aggressive acts are necessarily criminal. However, the authors characterize all such acts of violence as destructive physical aggression, that is, deliberate actions aimed at causing harm to another person or an object. This is because harming others may be premeditated or accidental, long-lasting or short-term, extremely rapid or carried out under conditions of loss of self-control; nevertheless, it always results in, or strives toward, damage or destruction of the victim [73; 451]. Rolf Leber and Magda Stutthamer-Leber advise researchers studying aggression not to overlook the distinction between overt and covert aggressive actions. According to them, these two forms of aggression are further differentiated into the following categories:

1. Patterned behavior
2. Emotions
3. Cognitive processes
4. Development [24; 333–354]

Overt aggression manifests in behavior through direct, open attacks on the victim, involving physical blows and harm. Covert aggression, as the name suggests, is hidden and expressed through gossip, rumors, deception, lies, and similar means. In many cases, overt aggression tends to weaken and become concealed with age, while covert aggression intensifies. However, if overt aggression is strongly developed in childhood, individuals may still commit crimes involving harm to others in adulthood, including aggression related to private property [28; 379–390].

Thus, in most cases of overt aggression, anger, rage, and emotional arousal play a significant role. In covert aggression, the individual’s state is neutral and unfolds without overt emotions. Theft, embezzlement, and similar forms of

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“professional criminality” are frequently encountered in everyday life, and covert aggressors in such situations typically do not become emotionally aroused.

O. Kernberg integrated two branches of psychoanalysis by ensuring the joint development of “drive theory” and “object relations theory.” He proceeded from two fundamental ideas:

first, that humans possess two drives—libido and aggression; second, that self-representations exist in specific relationships with object representations [8; 45].

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