

PSYCHOLOGICAL REVIEW OF VIOLENCE AND AGGRESSION AGAINST WOMEN

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Abstract: This article analyzes the development of successful strategies to increase women's participation in political processes through psychological positive efforts to address violence and aggression against women in many countries around the world.

Keywords: motivation, aggression, suffering, psychological, social, discriminatory, dangerous situations.

Psychological violence leads to psychological trauma and it destroys self-confidence. As a result, society will have a low level of communication and you will be completely deprived of social life.

A number of countries have developed successful strategies to expand women's participation in political processes through positive efforts. Strategies such as quotas, proportional representation, measures to strengthen the status of women in political parties, the formation of women's political parties, the establishment of women's unions within parties and the formation of inter-party associations are important in ensuring women's participation in political processes. showed that.

Despite the adoption of laws such as the Law on the Protection of Women from Oppression and Violence, harassment and violence against women are on the rise in Uzbekistan. , among the public today, women remain victims in the workplace.

It is very important to make internal changes at the same time as self-protection, with the help of a psychologist or psychotherapist who can help you achieve the constant changes, self-confidence and the right to exist .

Violence is an escalation, before the transition to physical violence it always starts with psychological violence and can only help you professionally.

Projections are observed, i.e., giving the executioner's characteristics to the victim, for example, tells the victim of the liar that he or she is a liar. Using guilt, threats, insults, and the devaluation of others 'skills to undo it. They aggravate the victim and alienate them from friends and family.

They control the victim by embarrassing him or her with his or her beliefs and passions, humiliating him or her, and killing him or her. All of these behaviors cause the victim to lose self-confidence, not to report or rebel, and to see themselves as incompetent, a real existential disaster.

To neutralize these types of psychological attacks, it is very important to believe in yourself and stay true to your truth.

Victims of violence are often victims of economic violence, meaning they can't find the money to escape the situation they're in, so it's important to know that free self-defense courses (about those in your city) learn!) and free psychological help at counters and women's listening centers!

It is a loss of self-esteem and self-confidence. Over time, it is common to underestimate or disrespect a person who has been abused. If the abuse continues and is not stopped, the person who has suffered from such violence may find it a good thing that the partner is discriminating against them and treating them badly.

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