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## The chosen psychological conditionings to externalization problems during adolescence

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**Background:** Presented study based on the model proposed by Bushman and Anderson (2002). This research aims to analyze the role of chosen factors as a conditioning of the process of undertaking behavior of perpetrator of indirect aggression. This problem is connected with the attachment and feeling of helplessness in difficult situations and consequently with entering into the roles of indirect aggression victim or culprit. For that purpose, two groups of variables were identified. The first group included child-independent variables shaping the socio-economic status of the family (parents' education, marital status, number of siblings) and age, sex and temper. While the second: patterns of attachment to father and mother, hostility and anger and ones' own experiences, depression and anxiety.

**Methods:** The studied group consisted of 120 adolescents in the age from 14 to 19. The research tools were Mini – DIA, the Inventory of Parent and Peer Attachment (IPPA), The Buss-Perry Aggression Questionnaire and EAS.

**Results:** Results shows the role and impact of the emotional sphere (depression) and attachment (alienation with mother) relationship with externalization problems.

### Biography

Marzanna Farnicka is a Psychologist, trainer of social skills and ART therapy. She currently works at the University of Zielona Góra, in Psychology Institute of the School of Education, Sociology and Health Science, as Adjunct Professor and Researcher. She is member of the Polish Psychology Association (PTP), the International Society for Research on Aggression (ISRA), Chair of the Polish CICA Committee (CICA) and Co-founder, Member of the Research Group on Family and Adolescents in Middle Europe. Her research is focused mostly on coping with stress and conflict from developmental and social psychology perspective. She has published more than 25 papers in reputed journals and has been serving as an Editorial Board Member of repute.

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