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PSYCHOLOGICAL FACTORS INFLUENCING THE FORMATION OF BEHAVIORAL DEVIATIONS IN ADOLESCENT GIRLS

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Abstract. This thesis analyzes the main psychological factors influencing the development of behavioral deviations among adolescent girls. Adolescence is an important stage of emotional, social, and psychological development. During this period, the need for self-awareness, independence, peer acceptance, and personal identity formation becomes more pronounced. Difficulties in these developmental processes may contribute to the emergence of various forms of deviant behavior. The study applies systemic, comparative, and theoretical-analytical methods. The analysis identified low self-esteem, emotional instability, low stress resilience, impulsivity, family conflicts, peer pressure, and the influence of the digital environment as important factors shaping behavioral deviations in adolescent girls.

Keywords: adolescent girls, behavioral deviations, deviant behavior, psychological factors, emotional instability, self-esteem, peer influence, family relationships.

INTRODUCTION. Today, the occurrence of various forms of behavioral deviations among adolescents is one of the pressing issues in psychology, pedagogy, and social work. In particular, studying the factors that affect the psychological development and behavior of adolescent girls is of great scientific and practical importance. In adolescence, alongside physiological changes in the body, significant changes occur in a person's emotional and social development. Adolescents strive to understand their own personality, make independent decisions, and define their place in society. At the same time, various conflicts may arise in their relationships with parents, teachers, and peers.

The formation of behavioral deviations in adolescent girls is influenced not only by the external environment but also by individual psychological characteristics. These



include low self-esteem, emotional instability, self-doubt, high anxiety, impulsivity, and low stress resilience.

According to A. Bandura's social-cognitive theory, observing and imitating the behavior of others plays an important role in the formation of human behavior. Therefore, peer groups and behavioral models in the mass media can significantly influence adolescents' behavior.

In E. Erikson's theory of psychosocial development, adolescence is characterized by the conflict between identity and role confusion. In the process of forming their "Self," adolescents try out various social roles. If this process proceeds with difficulty, it may lead to behavioral instability.

MAIN PART. The factors influencing the formation of behavioral deviations in adolescent girls can be divided into several groups.

The first group consists of individual-psychological factors. Low self-esteem, self-doubt, and an inability to adequately assess one's own capabilities increase an adolescent's vulnerability to external influences. Such adolescents may feel a strong need to be accepted by peers and may more readily yield to group pressure.

The second important factor is emotional instability. In adolescence, rapid mood changes, intense resentment, anger, anxiety, or feelings of loneliness may be observed. If adolescents lack emotion-regulation skills, these states may manifest through aggression, a tendency toward conflict, social withdrawal, or other undesirable forms of behavior. The third group is family relationships. The family is the primary social environment in the formation of an adolescent's personality. Excessively strict parental control, constant criticism, neglect, or family conflicts may intensify internal discontent in the adolescent. At the same time, parents' complete lack of interest in their child's life and insufficient supervision may also lead to negative consequences.

According to J. Bowlby's attachment theory, trusting emotional relationships formed in childhood serve as an important foundation for a person's later social relationships. Therefore, emotional support from the family is an important factor in



ensuring adolescents' psychological stability.

The fourth factor is peer influence. In adolescence, the importance of relationships with peers increases. The need to be accepted by a group may, in some cases, push an adolescent to repeat negative behaviors. In particular, adolescents with low self-esteem may be more susceptible to peer pressure.

The fifth factor is the influence of the digital environment. The widespread presence of images of ideal life and appearance on social media may cause adolescent girls to compare themselves with others. As a result, dissatisfaction with oneself, low self-esteem, and emotional strain may increase.

Several factors may be involved in this process simultaneously. For example, an adolescent who feels lonely because of family conflicts may seek support from a peer group. If negative forms of behavior are supported in that group, the likelihood that the adolescent will adopt such behaviors increases. Therefore, a comprehensive approach is necessary in preventing behavioral deviations in adolescent girls. It is important to assess the adolescent's psychological state, develop positive self-esteem, build emotion-regulation skills, and improve family relationships.

CONCLUSION. The analyses show that the formation of behavioral deviations in adolescent girls is a complex, multifactorial psychological process. Individual-psychological characteristics, emotional state, family relationships, peer influence, and the digital environment manifest in an interrelated manner. An approach based solely on control and punishment is not sufficient to prevent behavioral deviations. Instead, it is necessary to understand the adolescent's psychological needs, provide emotional support, create a positive social environment, and develop constructive behavioral skills.

Strengthening cooperation among parents, school psychologists, educators, and social specialists also contributes to the early prevention of behavioral deviations in adolescent girls.

In the future, it will be scientifically important to study this issue through empirical research, identifying statistical relationships between behavioral deviations in adolescent



girls and self-esteem, emotional instability, family relationships, and peer influence.

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