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DOI <https://doi.org/10.32782/academ-ped.psyh-2026-1.05>**Igor VIDENIEIEV**

Candidate of Psychological Sciences, Associate Professor,
Associate Professor at the Department of Psychology and Sociology,
Simon Kuznets Kharkiv National University of Economics
ORCID: 0000-0003-3270-5403

GENDER FEATURES OF AGGRESSIVE BEHAVIOR IN CONFLICT SITUATIONS OF ADOLESCENTS DURING MARTIAL LAW

Abstract. The article examines the gender-specific characteristics of aggressive behavior in adolescents within conflict situations under conditions of martial law. The relevance of the study is determined by the protracted impact of war-related stress on the mental state of the younger generation in Ukraine, which manifests in increased conflict, aggression, and deviant behavior. Adolescence itself constitutes a critical period of personality development, and its combination with chronic psychotraumatic conditions heightens the risk of maladaptive behavioral patterns.

The aim of the study was to identify gender-specific features of adolescent aggressive behavior in conflict situations and to determine differences in the choice of response strategies depending on gender identity.

The research **methodology** was grounded in the principles of determinism, developmental psychology, and a systemic approach. The empirical sample comprised 60 adolescents aged 14–15 (30 boys and 30 girls). A set of psychodiagnostic tools was employed: Sandra Bem's Sex-Role Inventory (BSRI), the Buss-Durkee Hostility Inventory (A. Bass, A. Darki), V. Stefansson's Q-Sort Method, and the Method for Assessing the Leading Type of Response in Conflict (M.M. Kashapov, T.G. Kiseleva). Statistical analysis was performed using the Mann-Whitney U-test and Student's t-test.

The scientific novelty of the study lies in obtaining empirical data on the specificities of aggressive behavior in adolescents with different gender identities under wartime stress, as well as in highlighting the adaptive potential of the androgynous personality type.

Conclusions. The findings indicate that adolescents with pronounced masculinity more frequently exhibit hostility, suspicion, and a preference for the confrontational "Aggression" strategy. In contrast, adolescents with a feminine personality type are characterized by higher levels of physical aggression accompanied by feelings of guilt and resentment, alongside a tendency toward optimal conflict resolution. The results hold practical value for developing differentiated psychological support, prevention, and correction programs for adolescents living under martial law.

Key words: aggressive behavior, gender characteristics, adolescence, conflict situation, martial law, masculinity, femininity, response strategies.

Igor ВІДЕНІЄВ

кандидат психологічних наук, доцент,
доцент кафедри психології і соціології,
Харківський національний економічний університет імені Семена Кузнеця
ORCID: 0000-0003-3270-5403

ГЕНДЕРНІ ОСОБЛИВОСТІ АГРЕСИВНОЇ ПОВЕДІНКИ В КОНФЛІКТНИХ СИТУАЦІЯХ ОСІБ ПІДЛІТКОВОГО ВІКУ ПІД ЧАС ВОЄННОГО СТАНУ

Анотація. Стаття присвячена дослідженню гендерних особливостей агресивної поведінки підлітків у конфліктних ситуаціях в умовах воєнного стану. Актуальність роботи обумовлена значним впливом воєнного стресу на психічний стан підростаючого покоління в Україні, що сприяє збільшенню конфліктності, агресивних і девіантних форм поведінки. Підлітковий вік є кризовим етапом розвитку особистості, а поєднання вікових особливостей з хронічною психотравмуючою ситуацією посилює ризик формування дезадаптивних стратегій поведінки. **Мета дослідження** – виявити гендерні особливості агресивної поведінки підлітків у конфліктних ситуаціях і визначити відмінності у виборі стратегій реагування залежно від типу гендерної ідентичності. **Методологія** дослідження базувалась на принципах детермінізму, розвитку психіки та системного підходу. В емпіричному дослідженні взяли участь 60 підлітків віком 14–15 років (30 хлопців і 30 дівчат). Комплекс психодіагностичних методик, що використовувався: статево-рольовий опитувальник С. Бем (BSRI), методика діагностики агресивності А. Басса – А. Дарки, методика Q-сортування В. Стефансона, методика діагностики



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ведучого типу реагування в конфлікті (М. Кашапов, Т. Киселева). Для статистичної обробки даних застосовувалися U-критерій Манна–Уїтні і t-критерій Стюдента. **Наукова новизна** дослідження полягає в отриманні емпіричних даних про особливості агресивної поведінки підлітків з різними типами гендерної ідентичності в умовах воєнного стресу, а також у виявленні адаптивного потенціалу андрогінного типу особистості. **Висновки.** Встановлено, що підлітки з вираженою маскуліністю частіше демонструють ворожість, підозрілість і схильність до конфронтаційної стратегії «Агресія». Підлітки з фемінним типом характеризуються більш високим рівнем фізичної агресії, що супроводжується почуттям провини та образи, схильністю до оптимального вирішення конфліктів. Отримані результати мають практичну значущість для розроблення диференційованих профілактичних і корекційних програм психологічного супроводу підлітків в умовах воєнного стану.

Ключові слова: агресивна поведінка, гендерні особливості, підлітковий вік, конфліктна ситуація, воєнний стан, маскуліність, фемініність, стратегії реагування.

Problem statement. The tense situation in Ukraine, linked to the war with russia, which has been going on for almost four years, is having a negative impact on the entire Ukrainian population, including the younger generation of children and adolescents.

The current situation in society, under martial law, is leading to an increase in all kinds of conflicts and acute age crises. The number of minors exhibiting deviant behavior, manifested in anti-social behavior (alcoholism, drug addiction, hooliganism, vandalism, etc.), is growing annually. Cruelty and aggression have become extreme. Adolescence is a difficult period for both children and parents. Parents are unsure how to treat their grown children: to forbid or to allow, while yesterday's children try to assert themselves in some way. This period is considered the most conflict-ridden, as a reassessment of values, self-awareness, and the formation of individual views on life take place. The transitional period for the guys is different, with some differences, and they are united by the fact that they fight for freedom with the despair of youthful maximalism: scandals, cigarettes, alcohol, running away from home, aggressive behavior.

Both boys and girls assert themselves through their antisocial behavior, but their emotional state, type, and level of aggression are completely different. In reality, what teenagers need isn't so much freedom as recognition of their right to make their own decisions. Teenagers experiencing one of the most difficult and acute age crises are more likely to experience intrapersonal conflict, leading to a lack of self-understanding, self-knowledge, self-affirmation, and self-realization.

Among the Ukrainian scientists who studied the problem of gender and aggressiveness are Zh. Bogdan, A. Bolshakova, I. Golovskaya, I. Hulias, M. Melnichuk et al [4–9]. Their research contributes to the understanding of

the causes and mechanisms of aggression, as well as possible ways of preventing and correcting aggressive behavior. Foreign researchers A. Bandura, S. Davies, H. Fatma, and devote considerable attention to studying the problem of aggression and gender differences [1–3]. However, foreign researchers lack experience analyzing the impact of combat on the development of individual psychological characteristics, particularly among adolescents.

The aim of the study is to determine the gender characteristics of aggressive behavior of adolescents in conflict situations.

Object of study: behavior of an individual in a conflict situation.

Subject of research: gender characteristics of aggressive behavior of adolescents in conflicts.

The research methodology was based on the principles developed in psychology: the principles of determinism and development of the psyche, human consciousness in activity, in interaction with the environment (A. Leontiev, S. Rubinstein, and others); the principles of development and systemic study of personality (L. Vygotsky, W. James, B. Leontiev, K. Rogers, and others). **Methods study:** theoretical: analysis, comparison, systematization, generalization of theoretical and empirical material; empirical: the following psychodiagnostic methods were used at different stages of the study:

- Bem Sex Role Inventory (BSRI) – a method for measuring how a person evaluates himself in terms of gender;

- V. Stefanson's Q-sorting technique;

- methodology for diagnosing the leading type of response in conflict (M. Kashaпов, T. Kiseleva);

- method of determining aggressiveness by A. Bass – A. Darki;

- method “Personal anger and conflict”.

The theoretical significance and scientific novelty of the obtained results are that:

– knowledge about the psychological characteristics of aggressive behavior has been expanded and supplemented;

– the scientific concept of aggressiveness as a socio-psychological phenomenon was further developed.

Research hypothesis. In our research, we hypothesized that gender influences the manifestation of aggression and the characteristics of an individual's behavior in conflict. Specifically, individuals with masculine traits tend to choose the "Aggression" response type in interpersonal conflict, while those with feminine traits tend to choose the "Optimal" response type in interpersonal conflict.

Research objectives:

– to consider the essence of the concepts of "aggression" and "aggressive behavior";

– to study the characteristics of aggressive behavior of adolescents;

– to analyze the gender characteristics of aggressive behavior of adolescents when a conflict situation arises;

– to carry out an empirical study of gender characteristics of aggressive behavior in adolescents.

The empirical basis of the study: participants were selected from among ninth-grade students. Thus, a sample of 60 subjects was formed: 30 girls and 30 boys aged 14 to 15.

Presentation of the main research material.

In our research, we hypothesized that gender influences the manifestation of aggression and the characteristics of an individual's behavior in conflict. Specifically, individuals with masculine traits tend to choose an "Aggression" response type in interpersonal conflict, while those with feminine traits tend to choose an "Optimal" response type in interpersonal conflict.

To refute or confirm these assumptions, let us move on to an analysis of the results using these methods.

Table 1

Frequency distribution of gender personality types

Gender type	Frequency %	
	Boys	Girls
Masculine	50	0
Feminine	0	40
Androgynous	40	60
Undifferentiated	10	0

Based on the data presented in Table 1, we can conclude that 40% of the male and 60% of the female sample exhibit a predominantly androgynous personality type, indicating that these study participants exhibit a combination of stereotypical male and female characteristics. Fifty percent of boys exhibited a masculine personality type, while 40% of girls exhibited a feminine personality type.

To further interpret the obtained results, we divided our sample into two groups (which included representatives with a pronounced type of masculinity/femininity): Group 1 – masculine type; Group 2 – feminine type.

As a result of the study of the main types of aggression in these groups using the Bass-Darki aggression questionnaire, certain differences in the average value for the sample of Group 1 were revealed (Table 2).

Table 2

Expressiveness of aggression in Group 1 (masculine type)

Indicators	Received data	Standard (average level)
Irritation	73.3	26–36
Verbal Aggression	66.28	34–41
Negativism	66.2	31–41
Resentment	67.4	26–36
Suspicion	81.08	26–36
Enmity Index	79.2	26–36

A comparison of the degree of expression and direction of aggression in the participants of Group 1 (Table 2) showed that high rates were established based on the results of the irritation scales, hostility index, and suspiciousness (Fig. 1).

Therefore, it can be concluded that participants in Group 1 (masculine type) are not prone to physical aggression. They are characterized by suspiciousness and distrust of people (suspiciousness scale), irascibility and rudeness (irritation scale), envy and hatred (resentment scale).

Using the results of Group 2 (feminine type) (Table 3) as an example, it was found that they had a higher level of physical aggression, feelings of guilt and resentment.

Table 3
Expressiveness of aggression in subjects of Group 2 (feminine type)

Indicators	Received data	Standard (average level)
Physical aggression	64.9	42–52
Irritation	56.7	26–36
Negativism	58.1	31–41
Resentment	78.2	26–36
Guilt	75.8	42–52
Aggression Index	57.9	39–49

For a more visual representation, see Fig. 2. Thus, as we see, adolescents identified as masculine exhibit suspiciousness, mistrust of others (suspicion scale), irascibility and rudeness (irritation scale), and envy and hatred (resentment scale). Participants identified as feminine exhibited higher levels of physical aggression, guilt, and resentment.

Let us consider the indicators of self-concepts that were obtained on the basis of the “Q-sort” technique of V. Stefansson, which is used to

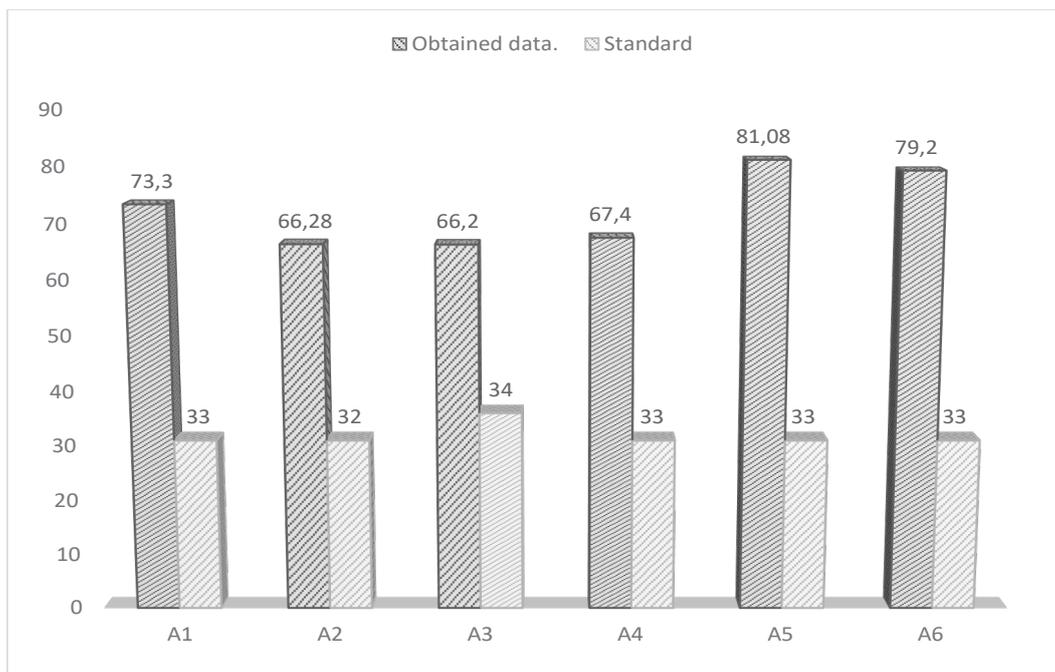


Fig. 1. Expressiveness of aggression in subjects of group 1 (masculine type)

Note: A1 = Irritation; A2 = Verbal Aggression; A3 = Negativism; A4 = Image; A5 = Suspicion; A6 = Hostility Index

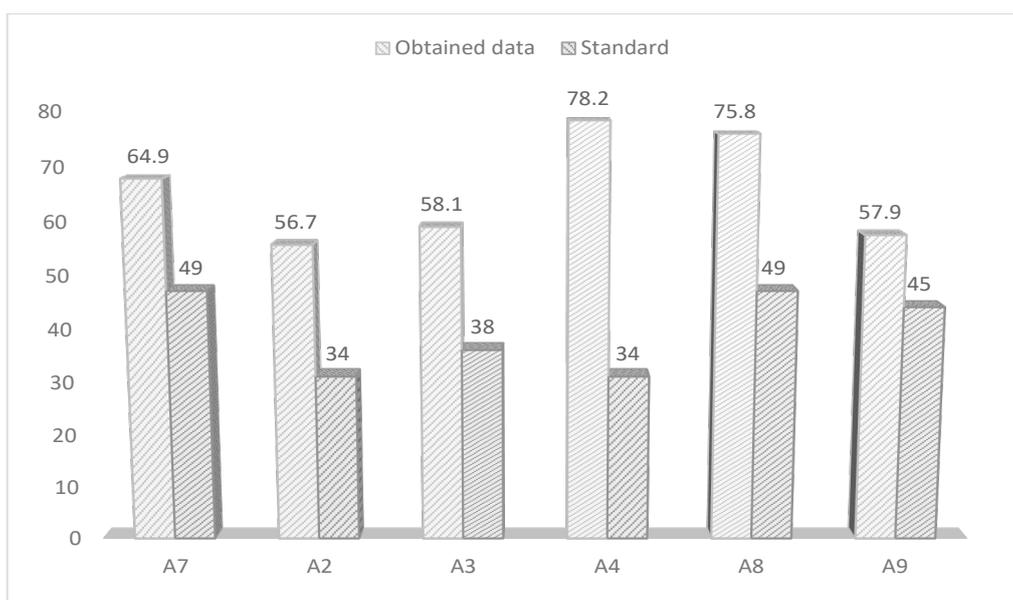


Fig. 2. Expressiveness of aggression in subjects of Group 2 (feminine type)

study ideas about oneself and other people (in this study, only ideas about oneself were considered).

When comparing self-perceptions, reliable differences were found in the indicators of dependence-independence, sociability-lack of communication, acceptance of struggle-avoidance of struggle.

Based on descriptive statistics, we can conclude that Group 1 (masculine type) adolescents perceive themselves as more dependent than Group 2 (feminine type) adolescents, while Group 2 (feminine type) adolescents perceive themselves as more independent. We hypothesize that this tendency is due to the fact that individuals who are able to control their emotions feel more confident and adequately perceive themselves and their abilities. Group 1 (masculine type) adolescents,

due to their high level of desire for dominance and leadership, are more susceptible to dependent behavior, as their emotions are significantly dependent on circumstances.

Representatives of Group 1 (masculine type) are more impulsive and have a greater desire to achieve their desired social status. Meanwhile, representatives of Group 2 (feminine type) are more likely to maintain neutrality in potential group disputes.

Let's move on to the analysis of the results using the "Diagnostics of the leading type of response" method.

The mathematical and statistical calculations show that the results for the "Aggression" and "Optimal Resolution" response types reached statistical significance. This means that individuals

Table 4

Descriptive statistics data on self-concepts

Self-image indicators	Group 1 (masculine type)		Group 2 (feminine type)		U	P-value
	Average	Standard deviation	Average	Standard deviation		
Addiction	10.6	3.8	9.7	4.2	337	0.18
Independence	7.9	4.1	9.4	4.6	343	0.20
Communication skills	11.2	3.8	9.7	5.3	406	0.83
Lack of communication skills	8.2	3.7	8.8	4.2	392	0.63
Accepting the struggle	11.1	3.9	9.6	4.3	365	0.39
Not accepting the struggle	7.8	4.3	9.6	4.7	351	0.26

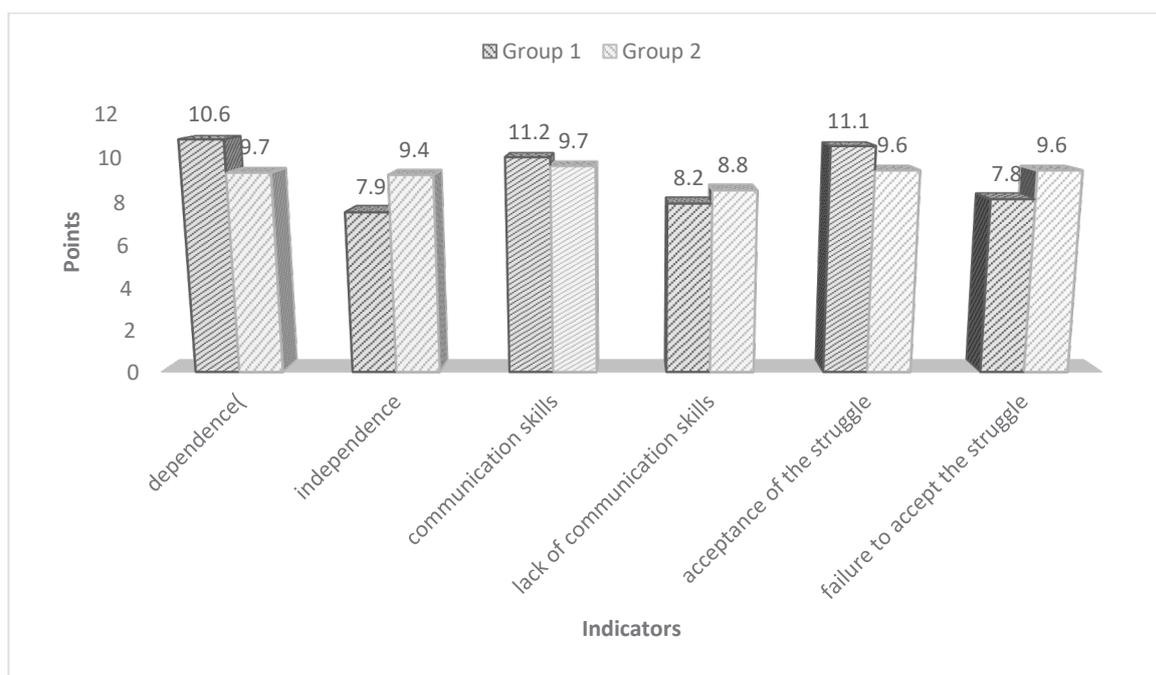


Fig. 3. Results of the "Q-sorting" technique by V. Stefansson

Note: Group 1 – masculine type; Group 2 – feminine type

Table 5

Statistical significance of differences between samples according to the method “Diagnostics of the leading type of response”

Indicator	Group 1 (masculine type)	Group 2 (feminine type)	T-test
Response type “Aggression”	26.11	25.08	0.05*
Response type “Optimal resolution”	12.99	16.1	0.03*
Response type “Withdrawal”	34.1	34.02	0.54

Note: * indicator of statistical significance $p < 0.05$.

with masculine tend to choose the “Aggression” response type in conflict situations, while those with feminine tend to choose the “Optimal Resolution” response type in interpersonal conflict (the hypothesis is confirmed).

Conclusions.

1) Research into the concepts of aggression and aggressiveness has established that aggressiveness is a conscious or unconscious tendency toward aggressive behavior. Aggression is a form of behavior that is partly socially learned (from the media, peers, and family) and partly a consequence of aggressiveness (personality traits). Social factors such as the current situation in Ukraine, linked to the war with russia, are stimulating an increase in aggressive behavior among teenagers. We have also determined that most psychologists agree that aggressiveness is an innate property of every living being, the ability to be active in satisfying one’s needs. The positive side of aggressiveness, as an ability to be active, is initiative in overcoming difficulties, the struggle for survival, and self-improvement. Aggression acquires a negative connotation when, due to deficiencies in social adaptation, an individual conflict with others, inadequately assimilates, and violates moral norms to the detriment of others.

2) Analyzing the psychological characteristics of adolescent aggressive behavior, it was found that aggression leads to an increase in deviant behavior among young people (vandalism, theft, alcohol and drug use) and a deterioration in the socio-psychological climate in educational institutions. Since an aggressive situation is characterized by its characteristics as a type of intense, prolonged stress, it has serious psychological consequences.

3) The conducted analysis of the category “gender” from the perspective of social formation over biological sex, formed under the influence of socio-cultural factors, traditional views on what a woman should be and what a man should be, allowed us to conclude that gender equality

is a component of the general principle of equality, encompassing: equal rights and equal opportunities, ensuring equal conditions for the realization of rights and opportunities, gender symmetry; determines the same legal status of an individual in society, affirms the fundamental rights of women and men.

Masculinity has been shown to predict an authoritarian, egotistical, and aggressive attitude toward others, as well as a predominance of independent behavior and the adoption of a “fight” strategy in conflict. Feminine gender role identity determines dependent behavior, a strategy of avoiding conflict, sociability, and the choice of smoothing over and escaping as a means of conflict resolution. Androgynous gender role identity is characterized by a friendly and altruistic attitude toward others, independence, and sociability. Androgyny does not predict the consistent use of a strategy of accepting or avoiding conflict.

Given the above, we believe that each of the analyzed strategies for aggressive behavior in conflict situations has its own advantages and disadvantages and can only be effective in resolving conflict in certain situations. The most optimal choice of strategy in a conflict situation is one based on an analysis of all components of the conflict.

During our study, we confirmed the hypothesis that gender influences the manifestation of aggression and personality traits in conflict. Specifically, individuals with masculine traits tend to choose an aggressive response in interpersonal conflict, while those with feminine traits tend to choose an optimal response in interpersonal conflict.

4) The situation in Ukraine related to the war is likely to change. Our study has identified specific gender-related patterns in adolescent behavior during martial law. Considering the challenges expected during the transition to peacetime in the post-war period, future research could focus on examining the impact of post-war conditions on adolescents’ adaptation to new socio-historical circumstances.

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