



## VICTIM PSYCHOLOGY

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**ABSTRACT:** - Following the Republic of Uzbekistan's socioeconomic independence, dramatic changes in society occurred. Despite the fact that this time in the personality society was brief, it opened the ground for a major transition in the Republic's social, political, and psychological existence. In this regard, research into the psychology of the victim as a result of violations in the country's life was also undertaken.

**KEYWORDS:** Victim, victim psychology, injuries, guilt, thy, the psyche of the victim, dysfunctional relationships.

### INTRODUCTION

To begin with, every person who has been wounded, lost, or dissatisfied as a result of an act or chain of events is a victim. And the victim psychology is a word that comes up frequently in modern conversations about

mental health. This term usually refers to someone who blames others to avoid personal responsibility or bad sentiments, rather than someone who is a victim of a tragic deed like a natural disaster. Victim

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psychology is viewed by many therapists and mental health professionals as a negative process that interferes with personal relationships and a happy life.

The victim's mental route is complicated and can begin as early as childhood. Some children who have insulting or criticizing parents develop a strong sense of shame and guilt at a young age. If these issues are not addressed, they can easily be passed down to an adult and manifest as victim mentality. Instead of overcoming feelings of shame or remorse from previous injuries, someone who thinks of themselves as a victim blames others in a circumstance. The most distressing aspect is that the victim's psychology might immobilize a person and hinder him from making rational decisions. A person who is fixated on how unjust the situation is may not consider the best strategy to solve the problem or the best steps to take. A person who has the victim's psyche can be offered justice or morality. He usually believes that he deserves the good things that have happened to him, and that evil occurs because someone else has been unkind, foolish, or unfairly captured. It is difficult for someone with a victim's mindset to accept responsibility for the problem's interference since doing so can leave them open to painful feelings like humiliation, remorse, or fear of rejection for doing something wrong. Although a person with a victim's psyche may appear to be selfish in an odd way, it is important to remember that this is an unhappy and sometimes unhealthy response to traumatic pains, not natural arrogance.

Even if there is no early attachment injury, dysfunctional interactions can develop to reliance on the victim's psyche. A person in a relationship with an alcoholic partner may have a valid concern about drugs, but they may also use drugs to justify their own inactivity or behavior. For example, if a drug addict's spouse refuses to meet and his

partner refuses to be clean, the guilt is an illustration of the victim's psychology. Even if there is a legal complaint, a person is nonetheless accountable for his acts. Therapy for someone who has succumbed to victim psychology can take many different forms. As a rule, a person must resist the main shame, guilt and feelings of low self-esteem in order to recognize the problem. Then the work is to learn to take responsibility for personal actions and feelings and to direct the action rather than to put the blame on the action.

According to observations, some criminals see themselves as victims. They believe they are immoral, and as a result, they commit crimes merely as a reaction to an immoral environment, and the authorities believe they are being unfairly held accountable for their crimes. This bad experience, however, is insufficient to inspire a sense of sacrifice. Victims can be identified if they have the following beliefs:

- they suffered;
- they were not the cause of the malicious act;
- they were not forced to prevent harm;
- there was injustice in the sense that the harm violated their rights (if it was delivered by a person) or that they possessed qualities (for example, the kindness of strength or character), in which this harm was acquired by incompatible persons;
- they deserve sympathy.

It is also worth noting that people with a victim psyche believe in the following:

- their lives are difficult with a number that is directly aimed at them.;
- most aspects of life are negative and not under their control;
- because of the difficulties in life, they deserve sympathy;

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- since they have little chance to change something, it is necessary to make a little effort to solve their problems.

The victim's psyche is frequently shaped by violence. Those who have it have usually been through a crisis or an accident. It is, in essence, a means of avoiding responsibility and criticism, getting attention and compassion, and avoiding actual wrath.

Victims of violence frequently fall into the trap of thinking of themselves as victims. According to Wikipedia, widespread powerlessness, inactivity, loss of control, pessimism, negative thinking, a strong sense of guilt, humiliation, self-blame, and depression are all symptoms of depression. Disillusionment and disappointment can result from such thinking. Establishing trust ties with the victim may take a long period for therapists. Power figures are frequently viewed with suspicion, with the expectation that they will be insulted or used.

In conclusion, It is important to note that the victim's psychology is reflected in both legal and criminal activities, in which the victim's behavior in cases of manifestation does not impact the path of the crime, but might play a vital role. Studies over the previous few years, for example, reveal that the victim of a crime's nasty attitude toward other people is the cause of the crime's occurrence.

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