

PERSONAL FEELINGS AND EMOTIONAL PROCESS

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ANNOTATION

In this article, the concept of a person's emotional process and feelings is considered as one of the current problems of modern psychology. The physiology of a person's emotional processes is considered on a scientific basis. The main content of the article describes a complex approach to understanding its nature and mechanisms in terms of the psychology and psychophysiology of emotional intelligence.

Keywords: emotional intelligence, general sensitivity, imagination, emotional experience, asthenic feeling, physiology.

INTRODUCTION

When a person perceives and imagines, remembers and remembers, thinks and speaks and acts, he experiences a pleasant (pleasant) or unpleasant (unpleasant) state, which consists of pleasure or resentment, pleasure or hardship. These apologies express a person's subjective attitude towards the things (events) around him, people and himself. A pleasant or unpleasant experience is the first sign and element of our feelings (emotions). Some events make a person happy, some events make him sad, some events make him happy, some people make him angry, some people make him angry, some people make him afraid. Joy, sadness, admiration, anger, rage, fear, and so on are all different types of emotional experiences, different subjective attitudes of a person to reality, which affect a person and his or her attitude. Pleasant experiences express a person's positive attitude towards certain things, events and himself in reality, while unpleasant experiences express a person's negative attitude towards it. Therefore, emotions consisting of subjective experiences are divided into positive and negative emotions. But emotions are distinguished as positive and negative emotions not only in terms of being pleasant or unpleasant subjective experiences, but also in terms of their objective, social significance. An assessment of emotions from a personal point of view is not always compatible with an assessment from a social point of view. Many emotions in the form of subjectively unpleasant, annoying experiences are positive emotions from a social point of view. For example, a person's shameful conscience is forgiven with a feeling of unpleasant and even severe pain. But from a social point of view, these feelings are high, positive moral feelings. Feelings of anger and resentment are experienced by everyone in a negative, unpleasant state. But from a social point of view, this feeling can be a positive or negative feeling, depending on what caused it to be born and what it is aimed at. If these feelings are born of someone who has done something wrong that does not conform to moral principles, then that feeling is a positive moral feeling. But if this feeling is caused by a personal protest, for example, by a justified criticism at a meeting, such a feeling is unworthy of an Uzbek person, a low feeling.

Emotion is born of the events and perceptions we perceive, imagine, and think, as well as the influence of our actions and deeds. Not only do we have certain feelings because things are perceived, imagined and thought, but also because these things are connected to our needs and interests to a certain extent, we have different feelings, we perceive, we do not have significant feelings if the things we imagine and think have nothing to do with our needs and interests. Such things are often overlooked. Thus, the sources (or causes) of emotions are, on the one hand, our needs, on the other hand, if the surrounding reality is reflected in our minds. In many cases, the content of our emotional experiences also includes our aspirations. Aspirations, on the other hand, always represent a need. But because emotions arise because of needs, aspirations and emotions “merge” with each other, a single feeling becomes a wet revelation in the form of experience. In such cases, emotions usually evoke aspirations or reinforce existing aspirations, so that the needs themselves remain active experiences. The direction and activity of emotions is manifested in aspirations. There are also emotional situations in which the aspiration is very weak or not at all. These kinds of ineffective, passive feelings are commonly referred to as sentimentality. Sentimentality is a motionless emotion, usually limited to words, sighs, and sometimes tears.

The level of activity of emotions is manifested in a state of excitement and tension in a person, or in a state of calm and relaxation, or in a state where all the forces in a person are energized, or in a state where these forces are weakened and relaxed. Depending on this level of activity of emotions, they are divided into asthenic and asthenic emotions. Emotions that increase a person's life activity, increase motivation, are called asthenic emotions. For example, feelings of extreme joy and anger are among the asthenic emotions. Emotions that slow down a person's vital activity are called asthenic feelings. Feelings of sadness, frustration, and sadness are asthenic.

The term "feeling" is often used interchangeably with the term "intuition." For example, instead of saying, "I feel light, I feel heat," they sometimes say, "I feel light, I feel heat." Until now, we in psychology have been accustomed to saying that we are sensory organs instead of sensory organs. Intuition and feeling must be distinguished from each other. Intuition exists independently of man, it is a reflection of things and events. Emotions are feelings, emotions that express a person's attitude to these things and events. Perceptions tell us things and events themselves, but emotions tell us how a person reacts to these things and events, how these things and events have created a situation in a person (whether they are pleasant or unpleasant).

Everyday experience shows that emotional experiences are associated with specific physiological processes and changes in the body. For example, during emotional experiences, blood circulation changes, the heart rate increases or decreases. During the same emotional experience, a person blushes, and during other emotional experiences, a person turns white or pale. It is so obvious that emotional processes are associated with changes in heart function that even in ordinary language, the word 'feeling' and 'heart' are used in a similar sense. Usually, when it is said, "my heart is longing," "my heart is drawn back," "my heart is said to be bursting," the word "heart" expresses feelings such as fear, joy. Breathing also changes during emotional experiences: breathing accelerates during some experiences, and decreases

during some experiences. Digestive processes and the activity of the endocrine glands also change. Emotional processes affect the functioning of the whole organism. The physiological basis of emotion in humans is primarily the processes that take place in the cerebral cortex. The cerebral cortex controls the strength and stability of emotions. This can be proved by the fact that animals whose cerebral hemispheres have been removed are constantly and at the same time strongly excited for the most trivial reasons. People whose facial muscles are paralyzed as a result of the weakening of the cerebral cortex always laugh loudly at all sorts of things, even the most trivial ones. As a result of the disruption of the cerebral cortex, different impressions in some people provoke negative emotional symptoms that do not correspond to this impression - laughing or crying. In such cases, people often feel sad, even when they are laughing, and feel happy with tears in their eyes. I.P. Pavlov pointed out that disturbances in the dynamic stereotyped activity that is composed are the physiological basis of many emotions. He writes, noting that the results of many observations of dynamic stereotype disorders are consistent: there is enough reason to think ... These are the feeling of heaviness and lightness, the feeling of freshness and tiredness, the feeling of satisfaction and dissatisfaction, the feeling of joy, triumph and despair, and so on. I think that often there are sharp changes in professions and beliefs during times of change in the normal way of life, when any exercise that has become a habit is stopped, when a loved one is lost, when there is mental anguish. The physiological basis of the heavy emotions experienced at the time must have been the same as the change of the old dynamic stereotype, its disappearance, and the difficulty with which the new dynamic stereotype was formed.

Emotions are also linked to the activity of the lower parts of the cerebral cortex. In particular, the visual cortex is the center of involuntary movements that express feelings. This can be proved by the fact that as a result of damage to the visual cortex, facial movements that express emotion are also derailed. Animals deprived of centers under the cerebral cortex have no signs of movement that express emotions. In the subcortical areas of the brain, there are centers that control the autonomic nervous system. These centers are inextricably linked to emotional experiences. Some sensations are caused by an increase in the activity of the autonomic nervous system, as well as the activity of other organs in this system. Therefore, during some emotional experiences, we see increased activity of the circulatory system, increased activity of the digestive organs, changes in breathing, irradiation of the eyes, redness of the skin, and so on. In such cases, the activity of the endocrine glands increases, they secrete into the body the necessary substances that nourish and stimulate the nervous system. When we are in this emotional state, we feel energized, we feel energized, we feel energized. On the contrary, some other emotions are caused by a decrease in the activity of the autonomic nervous system and the organs that control this system. During such negative emotions as sadness, grief, fear, blood circulation, digestion, breathing change, a person becomes pale, his eyes become dull, and so on. Some negative emotions, such as anger and panic, sometimes increase the activity of the autonomic nervous system. But even in such cases, the negative nature of these feelings is manifested in the fact that when such feelings cease, the body relaxes, the person becomes dehydrated, and sometimes a person develops a special nervous disorder. The emergence of an emotional state in which we do not understand the cause, that is, feelings that we do not know

the cause of, is explained by changes in the autonomic nervous system and the organs that control this system. For example, sometimes a person has a reason to be happy, a reason to be anxious, a reason to be sad, and so on. However, it should be borne in mind that the autonomic nervous system is connected to the cerebral cortex, and all the vegetative processes that take place in the human body are subordinated to the cerebral cortex. I.P. According to Pavlov, the brain, the highest part of the nervous system, "controls everything that happens in the body."

CONCLUSION

The implication is that all emotional experiences are somewhat related to the activity of the cerebral cortex. The second signal system plays a major role in a person's emotional experiences, and the connections in the second signal system are the neuro-physiological basis of the higher human senses — intellectual, moral, and aesthetic. Because the second signaling system is inextricably linked to the first signaling system and thus affects the activity of the subcortical part of the brain, a person is able to consciously control his emotions.

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