

Physiological Basis of Emotional States

Ismailov Erkin Megnimurotovich

*Tashkent State Technical University, Termiz Branch Teacher of the Department of Humanitarian
and Socio-Economic Sciences*

Abstract: Emotional of circumstances his passing a person in the organism changes, as well his basics about in detail data cause passed. Humans are born in an impersonal state and express their inner forgiveness. Therefore, it is important to educate a person's feelings, and this article is covered in this way.

Keywords: Emotion, spirit, feeling, reflex, arousal, latent, attention, divergent, convergent.

Emotional circumstances another spiritual processes like the brain of activity result or product be is considered Emotional of circumstances surface to come in nature and in society happen happening changes, relationships, connections, impressions main is the cause. Changes own in turn, first of all, the person life and of activity acceleration or decrease, secondly, in man some of needs appear to be or to the disappearance, thirdly, a person internal organs functional of cases destabilization take will come. They are feelings for the most characteristic physiological processes basically as unconditionally and conditional reflexes service does and my brother ing certain brain system big half balloons in the skin surface will come and that's it in the place is strengthened.

Complicated unconditionally reflexes while:

- 1) half don't mess around bark under spaces;
- 2) in the brain to see corners;
- 3) nerve their excitement of the brain high from divisions vegetative to the system passing giver centers through done is increased. Feelings in person are theirs pass always the brain skin with bark centers joint (cooperative) activity as a result come true comes out Emotions physiological to stir own into takes Special in emotions agitation will it change or isn't it ? Excitement a person lie to speak forced is doing or isn't it?

Emotions physicist in terms of us it irritates. Some one physicist reactions so much apparently It is you him easy you will notice can For example: body movement less apparently standing fibers for mobile is done; energy work release for liver to the blood addition sugar work emits; shakami appropriation for oxygen need, therefore for breath get speed up, blood internal from the organs to the muscles pass food digestion to do slows down; black cracks a lot the light passing expands; the body himself cooling for sweats; If the body is injured if it is blood poured faster ends and etc. One one danger about thinking see: your your organism reaction each how conscious without actions coordinate. He is you go ahead aspiration either retreat prepares Ours let us wake up autonomous nerve system manages, activates, kidney under glandular stress hormones epinephrine and (adrenaline) norepinephrine (noadrenaline) production releases

Epinephrine and of norepinephrine increased departure, heart hit frequencies strengthens blood pressure and in the blood sugar level increases.

Danger pass since he left then, parasympathetic neuron fibers organism Calm down and move on introduces Even parasympathetic department stress hormones work release even when stopped, in the blood hormones in the blood some one until time caught stands, therefore for arousal gradually decreases⁶⁶. Person spiritual in the world, him surrounded standing all around happen happening changes (natural, yes subjective from being strict nazar) experiences for the subject (human). How value, high importance occupation emotional do not state content so much purmano will be Of this under the influence of surface coming temporary connections _ system again construction arousal process harvest does.

This is it process the brain big half balloons in the skin after spreading bark centers take over takes Big half balls from the skin below standing the brain in sections organism physiological of activity different centers (breath take, eat digestion to do and etc.) is located. For this reason peeling centers arousal some internal members of activity to increase take will come. Including breath get of rhythmicity o' change (when excited suffocated It's hard to stay and out of order breath to receive surface brings), heart of activity disorder (heart hit accelerates), the body blood with of provision from the trail output (from shyness to blush, from fear to turn pale cause emits, internal secretion glands of work defects the eye age drools when excited mouth dries, " cold " sweat when afraid emits and etc.) Scientific in sources interpretation according to the brain big half of balls skin moderate in the circumstances bark to the centers management and braking along effect shows and of emotion outside to be expressed road does not put Brain stem strong level if he stirs, his under the influence of manageability function is broken. Person hard if tired or strong drunk bo' Isa, irradiation due to bark centers are also moved, as a result action control to do disappears. Brain activity electrophysiological studies Don't be emotional appear when hypothalamolimbic system and reticular formation of role showing passed.

In the data apparently emotional do not state physiological essence big half balls of the skin and bark system centers function only not but they are: a) brain mechanisms activities activator reticular of formation, b) brain thalamus (see) of hypothalamus, d) half balls new bark between limbic of the system are functions. Emotional circumstances for peeling of nodes to the composition incoming (brain big half of balls white article with unifying gray substance sum) centers are also important important have if the brain big half balloons bark movement combine and feel and effort thin expression by doing the brain formations external and internal in the environment happen to be to changes of the organism answer reactions manages

To the data than the brain big half balloons bark if damaged, external from the world and internal from organs coming do not provoke thin analysis to be done emotional even if weakened circumstances preserved will remain. For example, animals limbic to the system under part, see to the hills directed electricity to triggers, reticular of the formation to their excitement happiness or shortness of breath, anger or cowardice, enjoyment or to suffer, to enjoy or entertainment as answer reaction harvest will be.

Above as noted, positive and do n't feel negative that's it similar centers with of the brain another in sections to the location despite, conditional of the enjoyment and suffering centers are also available. Emotions to each other near in the distance activity they show. In the experiment from double centers in one electrode with harvest done stir up out of need come came out without negative or positive from emotion only one to the body only brought Sometimes approach is located in the centers agitation spread out if, then ambivalent or double sided reaction come true comes out Conditional respectively named centers (enjoyment, suffering) to each other near to the location regardless, har different to structure have the fact that determined. Do not inform as shown, " suffering " centers of the brain different in sections if placed, but they are the only one system with managed. Negative from emotions different like dying positive emotions and " pleasure " centers each other with gypsum contact have it's not. Emphasize passed opinions,

emotions couple and opposite to the feature have from being proof is giving That's why for each which emotion opposite to the category adamant that he has trust with to say possible, including love-hate, pleasant-unpleasant, calm-anxious, responsible -indifference and others

References

1. O'zbekiston Respublikasining "Ta'lim to'g'risida"gi Qonuni. 2020 yil 23-sentabr (O'RQ-637 son).
2. S.R. BAXADIROVA PEDAGOGIKA VA PSIXOLOGIYA ASOSLAR Toshkent - «ILM ZIYO» - 2016
3. Karimova V. Psixologiya. — T.: «O'qituvchi», 2000.
4. G'oziyev E. Umumiy psixologiya. 1-kitob. — T.: «O'qituvchi», 2004.
5. G'oziyev E. Umumiy psixologiya. 2-kitob, — T.: «O'qituvchi», 2004.
6. Davletshin M.G. Umumiy psixologiya. — T.: TDPU nashriyoti, 2002
7. Bobokulov, C. U. (2023). THE MEANING AND IMPORTANCE OF DEVELOPING MENTAL ABILITIES OF CHILDREN OF JUNIOR SCHOOL AGE. *Modern Scientific Research International Scientific Journal*, 1(6), 125-132.
8. Urolovich, B. C. (2023). ANALYSIS OF THE PRIORITY METHOD OF DETERMINING THE DEVELOPING AND HEALTH-GIVING EFFECT OF PHYSICAL EXERCISES IN SPORTS TRAINING. *Horizon: Journal of Humanity and Artificial Intelligence*, 2(5), 651-653.
9. Shaxboz, A., & Urolovich, B. C. (2023). THE EFFECTIVE INFLUENCE OF MOVING MOVING GAMES WITH 5-6-YEAR-OLD CHILDREN. *IQRO*, 2(1), 545-550.
10. Urolovich, B. C. (2023). Scientific Effects of the Modular Approach in Teaching the Theory and Methodology of Physical Education. *Web of Semantic: Universal Journal on Innovative Education*, 2(4), 141-144.
11. O'GLI, E. E. M. (2020). Specific Features Of Teaching Students For Extracurricular Ball Sports. *International Journal of Innovations in Engineering Research and Technology*, 7(10), 139-141.
12. Ulaboyevich, B. G.. (2023). Increasing the Efficiency of the Methodology of Conducting Physical Education Lessons for Students of Grades 5-9 in Hot Climate Conditions. *Web of Semantic: Universal Journal on Innovative Education*, 2(4), 137-140.
13. O'ROLOVICH, C. B., & O'GLI, E. E. M. (2020). The Role and Effective Importance of Moving Games in the Development of the Physical Qualities of Athletes. *International Journal of Innovations in Engineering Research and Technology*, 7(10), 136-138.
14. O'GLI, E. E. M. (2020). Specific Features Of Teaching Students For Extracurricular Ball Sports. *International Journal of Innovations in Engineering Research and Technology*, 7(10), 139-141.
15. Jamshid, B. (2023). Competence Requirements for Physical Education Teachers in Universal Educational Institutions. *Best Journal of Innovation in Science, Research and Development*, 2(9), 323-327.
16. Rakhimova, Z., & Jurayeva, S. (2023). THEORETICAL FOUNDATIONS OF THE USE OF SPECIAL ACTING GAMES FOR THE DEVELOPMENT OF OPERATIONAL EFFORTS IN YOUNG WRESTLER GIRLS. *Theoretical aspects in the formation of pedagogical sciences*, 2(7), 99-102.

17. Megnimurotovich, I. E., & Ismailovna, A. N. (2023). CONTENT ESSENTIALS OF DIAGNOSTICS AND PSYCHOCORRECTION OF INTERRELATIONSHIPS IN COGNITIVE PROCESSES. *Horizon: Journal of Humanity and Artificial Intelligence*, 2(5), 328-330.
18. Ismailovna, A. N., & Mengnimurotovich, I. E. PSYCHODIAGNOSTICS OF COGNITIVE ABILITIES.
19. ESHQOBILOV, E. (2023). SCIENTIFIC AND THEORETICAL ASPECTS OF THE COMPETENT APPROACH IN THE DEVELOPMENT OF CREATIVITY IN THE FUTURE PROFESSIONAL PEDAGOGICAL ACTIVITY OF PHYSICAL CULTURE EDUCATION STUDENTS. *International Bulletin of Applied Science and Technology*, 3(3), 530-533.
20. Urolovich, B. C. STANDARDS FOR CORRECT ORGANIZATION OF INDEPENDENT EDUCATION OF PHYSICAL CULTURE EDUCATION STUDENTS.