

Theory of Emotion

Qobilov Husniddin

Doctoral student of the 2nd stage of Karshi State University

Abstract. This article describes the theory of emotions and the history of its origin. Reasonable opinions and comments are used throughout the article. conclusion and suggestions are presented at the end of the article.

Keywords: theory of emotions, psychologists, consequences of psychic phenomena.

For a long time, psychologists have tried to solve the problem of the nature of emotions. In the 18th and 19th centuries, there were no views on this problem. From the widespread view that organic expressions of emotions is an intellectualization point of view that arose on the basis of the argument about the consequences of psychic phenomena. I.F., who believed that imagination is a fundamental psychological evidence, and our feelings correspond to the connections established between different imaginations, and the conflict between imaginations is considered as relative influence. Herbart gave a clear expression of this theory. W. Wundt was also a supporter of this theory. Thus, in the research of emotions, ideas about their subjective, that is, the psychic nature of emotions, according to which mental processes cause certain organic changes, have been confirmed.

In 1872 ch. Darwin published the work "Expression of Emotions in Man and Animals". According to him, there are commonalities between animal and human behavior. He based his opinion on the observation of the external expression of different emotional states of animals and people. The information obtained from these observations was the basis of the theory of emotions, which is called the evolutionary theory, according to which emotions arose as adaptive mechanisms that ensure adaptation to the living conditions and situations of the organism, which are vital in the process of evolution of living beings.

Modern History of Emotions In 1884 he. James's "What is emotion?" starts with the publication of the article. W. James and independently of him g. Lange developed the theory of emotions, according to which the emergence of emotions is related to changes in the field of external influences, voluntary action and systems. These are the emotions and emotional experiences associated with these changes. According to James, "we are sad because we cry; we are afraid because we tremble; we will be happy because we laughed." This sensory message acts on the brain to fire a certain behavior, and reverse somatosensory and viscerosensory afferent signals produce the emotion.

But the James-Lange concept caused a number of objections. U. Kennon expressed a contrary opinion on the ratio of organic and emotional processes. According to his findings, artificially created organic changes in a person are not always accompanied by emotional experiences. Later, P. Bard showed that, in fact, bodily changes and the emotional experiences associated with them appear almost simultaneously, and of all the parts of the brain structure, not the thalamus itself is connected with emotions, but the central parts of the hypothalamus and the limbic system are connected.

The second signal system is of great importance in human emotional experiences, because experiences can occur through words and thoughts together with the direct effects of the external environment. Similarly, a story read or a movie watched can create a corresponding emotional state. Currently, the second signal system is considered the physiological basis of intellectual, moral, aesthetic high human emotions.

Instead of a conclusion, it is necessary to mention the components of emotions, which are: 1) subjective experience, 2) body reaction, 3) set of thoughts caused by emotions and in imagination, 4) specific facial expression, 5) generalized emotional reactions: in a negative emotion, your reaction to surrounding events will also be negative, 6) tendency to actions associated with this emotion.

It should be noted that until now there is no single point of view on the nature of emotions. Studies aimed at studying emotions are still being conducted. The currently collected experimental and theoretical material testifies to the duality of the nature of emotions. On the one hand, emotions are subjective factors such as various mental phenomena, as well as cognitive processes, features of the human value system structure, etc. On the other hand, emotions are determined by the physiological characteristics of the individual. Emotions appear as a result of a certain conditioning effect, which is just another expression of human adaptation and behavior control mechanisms. The sum of a person's moods, affects, feelings and passions constitutes his emotional life and an individual quality such as emotionality. Emotionality can be defined as a tendency to be emotionally affected by various conditions related to a person's life, the ability to experience emotions of different strength and quality, from mood to passion, as well as the influence of the power of emotions on thinking and behavior.

Describing a person's characteristics often means finding out what that person likes, hates, is proud of, ashamed of, jealous of, and sad about. The subject of an individual's stable feelings, their intensity and character reveal to others the emotional world of a person, his feelings and thus his individuality. S.L. According to Rubinstein, all the specific features of a person's character and mental abilities, interests and relationships with other people are manifested and reflected in the rainbow of emotions and sensations.

Emotionality is innate, but affects, sensations develop in the course of life, which means the development of a person as a person. Such development is associated with the introduction of new objects into the human emotional sphere, the increase in the level of conscious volitional management and control of personal sensations, and the gradual introduction of high moral values (conscience, responsibility, honor, etc.) into moral management.

There is a known consistency in the development of human emotional life. But the transition from the intuition of one era to the intuition of the next era is connected with the comprehensive

development of the individual. Emotions can be a powerful incentive for human energy-gathering activities, the main thing is to channel them appropriately.

It is important for everyone to have the ability to effectively influence the emotional state of other people while enhancing and expanding positive emotional experiences. It is necessary to know and remember that harmful emotional influences often occur in situations of high emotional stress, in situations of extreme exhaustion, in times of frustration, when people are impressionable, when things do not go as planned, when important life plans fail. .

In practical life, as emotions, we usually understand different reactions of a person - from wavelike explosions of passion to subtle nuances of mood.

. S.L. As Rubinstein pointed out, "... emotion embodies a passion, desire, aspiration directed towards the body or against it." Thus, feelings and intuitions help to find a way to satisfy the need or to find a way to solve the task in front of a person.

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