



## PSYCHOLOGICAL ASPECTS OF THE MANIFESTATION OF EMOTIONAL STATES IN A PERSON

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### Annotation

The article presents an analysis of theoretical data on the psychological aspects of the manifestation of emotional and emotional states in a person. The author gives a basis to the content of the concept of emotionality in the framework of the topic, differential emotionality, and the importance of emotionality in human life, the peculiarities of the manifestation of emotionality in different age periods.

**Keywords:** emotion, emotional state, emotional tone, differential emotion, romantic, Gnostic, aesthetic.

Emotions are a specific class of psychic phenomena, manifested by the subject in the form of direct, merciless experiences of the life meaning of this phenomenon, subject and situations in order to meet their needs. By separating the events that are vitally important in the image of existence and directing activity to them, emotions are considered one of the guiding principles of psychological behavior.

According to the imagination, which is considered as the type of emotional phenomena, emotions in general serve as an expression of needs, and motivation is defined as a concrete-subjective form of existence. In biological evolution, emotions have emerged as a means that allows living beings to determine the biological significance of the state of the organism and external influences.

The simplest form of emotions is the emotional tone of the senses, which is observed with some vital effects, for example, with taste, with temperature) and positive or negative sensations that motivate the individual to store or eliminate them. In the event of a conflict with the conditions that help or inhibit behavior, emotions arise about the situations that characterize the importance of these conditions for the satisfaction of needs. Among them, emotions that arise in a collision with luck or bad luck (joy, sadness) and help to overcome the form of a beneficial, and the form of a self-righteous, perform an important managerial role.

According to its biological function, emotions denote the form of the description of the visual experience: relying on them, the individ performs the necessary actions that are





hidden in its expediency (for example, on the avoidance of danger, on the continuation of procreation).

Emotion is observed as a kind of emotional state in which perception, thinking and movement are experienced as a feeling that motivates, organizes and directs.

Emotion governs the thinking and physical activity of an individual, directing it towards a particular direction. If you are angry, you will not run away without looking back, if you are afraid, it is unlikely that you will decide on aggression. Emotions control our perception or, more precisely, filter. Happiness forces a person to feed the universe through a dubious pink panicle: melting into the simplest things, in particular, the smell of field flowers and the singing of a bird in the sunset, and jumping, with light steps towards life.

The theory of differential emotions rises towards the works of richly inherited, that is, classical scientists d'yushen, Darwin, Spencer, Vundt, Djems, Kennon, Mak-Daugal, D'yumas, Freud, Rado and Vodvorts, as well as contemporary scientists Yakobson Pinnota, Maurer, Gel'gorn, Boulbi, Simonov, Ekman, Holt, Singer. The theory of differential emotions got its name due to the centralization of some emotions, which is understood as the processes of distinguishing distress-motivation. This theory has five basic assumptions on its basis:

1. 9 fundamental emotionality forms the basic motivational system of human existence;
2. Each fundamental emotion has unique motivational and phenomenological properties;
3. Fundamental emotions such as joy, sadness, anger and shame cause different internal sensations and different external manifestations of the same experiences;
4. Emotions interact with each other – one emotion can FA or weaken another;
5. Emotional processes are stimulated and interacts with homeostatic, certseptive, cognitive and motor processes and exert their influence on them [1].

According to the subjective value of the senses B.I.Dodonov divides the following types of emotions:

-Altruistic-the need to give support, experiences based on helping others: to bring joy and happiness to other people, a sense of anxiety for their own destiny, to be sad, to believe, to be faithful, to feel sorry;

- communicative-occurs on the basis of the need for communication: the desire to communicate, the desire to share thoughts and experiences, the feeling of liking, the





desire to be connected, the feeling of respect for someone, the desire to please loved ones and respected people;

- Gloria-is associated with the need to find a place of its own, glory: recognition, the desire to win respect, the desire to put a building on itself and get pleasure, pride, a sense of advantage, satisfaction with the fact that growth occurred, the value of one's own personality was raised;

-Practical – is determined by the success or failure of the activity, the difficulty in its implementation and completion: the desire to achieve success at work, the feeling of tension, the inability to work, pleasant fatigue, the feeling of satisfaction with the results of its labor;

-Romance-is manifested in the pursuit of all wonderful, secret: waiting for something wonderful and extremely good; the feeling of perception of the changes of the surrounding world: everything seems to be filled with special significance, secrecy;

-ostikostic-associated with the need for knowledge and spiritual: the desire to know the essence of events, the desire to be surprised or double, the feeling of incomprehension; the feeling of clarity or uncertainty of thought; the strong desire to overcome conflicts and systematize everything in one's own mind; the feeling of closeness to the solution of the problem.

-aesthetic-associated with lyrical experiences: the need for beauty, a sense of tenderness, uplift and greatness; enjoyment by sounds, a sense of exciting dramatics, a sense of spiritual growth; a sense of their loved ones, a sense of loneliness;

-Hedonic-the satisfaction of the need in the body and spiritual comfort: nutrition with pleasant spiritual and physical sensations derived from knowledge, sweet food, etc.; anxiety, a feeling of calm, a feeling of joy;

-akizitiv-collecting, the collection occurs according to the interest in collecting: the desire to collect, the joy of the abundance of the collected; the pleasant feeling obtained from seeing your own collection;

- Mobilization-occurs from the need to overcome the risk, from the interest in fighting: the interest in risk, the feeling of being transferred to sports, perseverance, sports anger, a feeling of strong-willed and emotional tension, the mobilization of one's own physical and spiritual abilities.

The emotional sphere is one of the main management systems that provide forms of active life activity of the organism (PK. Anaxin, 1975, V.K. Vilyones, 1976, G.E. Izard, 1980, Ya. Reykovsky, 1979, S.L, Robinshteyn, 1946, P.V. Simonov, 1970, 1993). The same emotions are considered the first syllable in the general chain of adaptive





processes and are affected more quickly by any influences of the surrounding world, everything else. Emotional interaction is formed as the first mechanism of interaction with the outside world.

The emotional human sphere has a multi-level complex device and includes emotional tone, emotions, emotional personality traits and emotions. Emotions and emotions can be combined with the general term “emotionality”.

Psychologists pay great attention to the study of the field of emotional personality. Despite various points of view, almost all scientists cease to believe that emotions reflect the state, process and result of satisfaction of human needs. At this time, it is possible to determine according to emotions what the individual is worried about, that is, what needs and interests are relevant for him.

A. on the advanced correction of emotions.V.Zaparajets or Z.Neverovich (1974) emphasized. The manifestation of emotions and emotions is greatly influenced by the specificity of the child-parent relationship.

L.S.Vigotsky wrote about the fact that a person can not develop without social experience, change from within, and then again take it out in a changed form (laws of exteriorization). It will be correct to include this in emotions and feelings. These processes are manifested in the child in exactly creative activity, and especially in a bright and visually appealing game.

In the 60-ies of the XX century, the researcher of American children creativity, Dj. Makfi noted that art directly transmits to the child the means of constructive expression of emotions; it helps develop the child's ability to perceive visually, teaches him to understand the form and space in more detail, to better understand and see the surrounding world. Similar ideas of A.V.Bakushinsky (1925), Ye.S.Kondakhchan (1951), N.P.Sakulina (1965), G.V.Labunskaya (1965), Ye.I. Ignatyeva (1961) expressed in the works and others.

Thus, the child perceives emotions expressed in different ways and in different ways in the process of development. But they are still not situational and stagnant, with age the child becomes deeper and more persistent. The child also changes significantly in their external manifestations, from direct expression of emotions to control over their manifestation and expression by socially appropriate methods.





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