



EMOTIONAL UNDERSTANDING OF INDIVIDUALS THE ROLE OF EMOTIONS

Qosimova Sarvinoz

Bukhara State University

Lecturer at the Department of Psychology

Annotation

This article presents the scientific and theoretical basis of the approaches to the psychological impact of emotions on the state of understanding of individuals in different social systems. It also addresses the role of emotions in human life.

Keywords: Communication, emotion, joy, reaction, emotion, attitude, nonverbal, happiness, sadness, anger, hatred, fear, amazement, innate factors, Perception, memory, imagination, thought processes

Anotatsiya

Ushbu maqolada turli ijtimoiy tizimlarda shaxslarning bir –birini tushunishi holatlariga his-tuyg'ularning psixologik ta'siri doirasidagi yondashuvlarni ilmiy – nazariy asoslari keltirib o'tilgan. Bundan tashqari his- tuyg'ularning inson hayotidagi roli masalasidagi muammolarning yechimi keltirib o'tilgan.

Kalit so'zi: Muloqot, his-tuyg'u, quvonch, reaksiya, emotsiya, munosabat, noverbal, baxt, achinish, jaxl, nafrat, qo'rqinch, hayrat, tug'ma omillar, Idrok, xotira, xayol, tafakkur jarayonlari

Relevance of the Topic

As each person enters into a particular social relationship, the process of emotional reconciliation begins with the state of origin of the problem. Understanding each other in particular is a key step in building the right relationship.

Human relationships are processes of interaction in which interpersonal relationships are formed and manifested in various processes. Such a process initially involves the exchange of emotional experiences, thoughts, worries and joys that take place between people. As people communicate, they develop qualities such as commonality, similarity, and harmony, that they understand each other at a glance, or that the idea is "half-baked," and in some cases it is. the intensity of communication triggers adverse reactions - a situation such as



fatigue from each other, lack of speech. For example, the family environment and the relationships within it are such close relationships. Only such tension can occur not only among all members of the family, but also among individual members. (Couple, mother-in-law)

The process by which family situations turn into conflicting situations stems from the fact that these people are unable to understand and understand each other. In social processes, the weakening of communication between managers and employees is also associated with misunderstandings.

So, what is the result of mutual understanding and cooperation in the above-mentioned relations? Of course, emotional experiences are caused by emotional states. Numerous studies have been conducted to determine the facial expressions of emotional states. One of the most important aspects of nonverbal communication is facial expressions that express emotions.

Paul Ekman and his colleagues described the movement of the muscles that make up facial expressions and called it the "coding system of facial expressions." They sought to clarify the issue by overcoming inconsistencies in the interpretation of facial expressions.

Charles Darwin, the founder of the theory of evolution, believed that the basic forms of expression of emotions were the same for all human beings. Although some scholars have objected to this idea, research by Ekman among people living in an entirely different culture has confirmed Darwin's views above. Ekman and Friesen studied isolated community members in New Guinea who had not yet interacted with Western culture. The facial expressions that express the six basic emotions (happiness, sadness, anger, hatred, fear, amazement), identified as a result of studying people from other cultures in different cultures, turned out to be exactly the same in the members of this community.

Team members were shown pictures of people with different facial expressions and asked to tell what these expressions meant. Their feedback was found to be the same when compared to other results.

According to Ekman, facial expressions that convey these kinds of emotions and their interpretation are innate in humans. However, he acknowledged that his arguments did not necessarily support this conclusion. Probably a factor as to why they're doing so poorly. In the field of genetic psychology, too, the expression of genetic traits is a process that is passed down from generation to generation. The role of emotions is important in this, and the manifestation of parental emotions can lead to recurrences in the child.



However, other studies have also confirmed Ekman's view. Able-Eybsfel'dt conducted an observation to determine whether facial expressions in a particular emotional state of six children who were born blind and deaf differed from other healthy individuals. It was found that children laugh when they are doing something pleasant, raise their eyebrows in surprise when they smell an unfamiliar object, and lower their eyelids when they are offered something unpleasant.

The children had never seen such facial expressions in other people. So, these reactions seem to be innate. Using a system of coding facial expressions, Ekman and Frisen identified a set of discrete movements of facial muscles in newborns that resembled adults in a particular emotional state. For example, babies' facial expressions of sour taste were similar to adults' expressions of hatred. However, while there is no doubt that there are innate factors in the expression of a person's emotions, individual and cultural factors influence the way they perceive different situations. The way you laugh is the movement of your lips and facial muscles, and the duration of your laughter varies from culture to culture. The movement (gestures) or position of body parts, which are the same in all or at least most peoples, never occurs. Signs that are too simple for us may be completely unknown to other peoples. gestures that are considered too simple for another people may be unfamiliar to us. While the "turn the face" sign (turning the index finger in the center of the face) means praise in some parts of Italy, it is unknown in other parts of Europe. Emotional states, like other mental processes, are the result or product of brain activity. The main reason for the emergence of emotional states is the changes in nature and society, relationships, connections, impressions. The changes, in turn, lead, firstly, to the acceleration or decline of individual life and activity, secondly, it leads to the emergence or disappearance of certain human needs, and thirdly, to the destabilization of the functional state of the human internal organs. Most people think that the smarter you are, the more success you will have in life. But according to American psychologist Daniel Goullia, a person's emotions outweigh his mental capacity. He noted that emotional people have the ability to direct their minds in the right direction. An important aspect of the cognitive process is also reflected in the emotional experiences. We can see that the processes of perception, memory, imagination, and thinking take place in connection with emotions and feelings. Human relationships are processes of interaction in which interpersonal relationships are formed and manifested. Such a process initially involves the



exchange of thoughts, emotional experiences, worries and joys that take place between people. As people communicate, they develop qualities such as commonality, similarity, and harmony, that they understand each other at a glance, or that the idea is "half-baked," and in some cases so. the intensity of communication leads to adverse reactions - a situation such as fatigue from each other, lack of speech. For example, the family environment and the relationships within it are such close relationships. Only such tension can occur not between all members of the family, but between individual members (Couple, mother-in-law relationship).

So, what is the result of mutual understanding and cooperation in the above-mentioned relations? Of course, emotional experiences are caused by emotional states. In conclusion, it should be noted that a number of processes, such as the ability to understand life experiences, to listen to the advice of adults, to express their emotional state, lead to situations in which they understand each other. We have seen in many life processes that impatient people are always deceived by their emotions. Isn't that so? Emotions and personality

S.L. Rubinstein believed that three areas could be distinguished in the emotional manifestation of the individual: his organic life, the interests of material order, and his spiritual, moral needs. He defined them as organic (affective-emotional) sensibilities, objective feelings, and generalized worldview feelings, respectively. Affective-emotional sensitivity, in his view, includes elementary pleasures and dissatisfactions that are primarily related to the satisfaction of organic needs. Objective feelings are related to the possession of certain objects and the training of certain types of activities. These emotions are divided into aesthetic, intellectual, and material parts according to their objects. They manifest themselves in admiration for certain things, actions, people, and hatred of others. Emotions of worldview are related to morality and an individual's attitude towards the world, people, social events, moral categories and values. Human emotions are related to his needs. They reflect the status, process, and outcome of a need. In the process of communicative communication, moral categories are formed on the basis of the emotional process.

People as individuals differ emotionally from each other in many ways: emotional arousal, the duration and stability of the emotional experiences that occur in them, and the predominance of positive (stenic) or negative (asthenic) emotions. But, most importantly, the emotional realm of developed individuals



is distinguished by the strength and depth of emotions, as well as their content and objective relevance.

The simplest emotional experiences are unlikely to have a clear motivating effect on a person. They do not directly affect behavior, make it purposeful, or even regulate it (influences and stresses). Emotions, such as emotions, moods, passions, stimulate behavior, not only activate it, but also guide and support it. An emotion expressed in emotion, desire, attraction, or passion, no doubt involves the pursuit of activity. The system itself and the dynamics of typical emotions characterize a person as an individual. For such a feature, the description of human-specific emotions is of particular importance. Emotions simultaneously involve and express a person's attitude and motivation, and both are usually combined in a deep human feeling. High emotions have a moral principle.

One of these feelings is conscience. It is about a person's moral stability that he or she accepts and adheres to moral obligations to other people. A conscientious person is always consistent and stable in his behavior, always associates his actions and decisions with spiritual goals and values, deviates from them not only in his actions, but also in others. It also feels deep in people's actions.

Human emotions are manifested in all types of human activities and especially in artistic creation. Emotions are involved in many psychologically complex states of man, working as an organic part of them. Do emotions and feelings develop throughout a person's life? There are two different views on this issue. Someone argues that emotions cannot develop because they are related to the functioning of the body and such traits that are innate. Another view represents the opposite view - the emotional realm of man, like many other psychological phenomena inherent in him, is evolving. In fact, these positions are fully compatible with each other and there are no unresolved conflicts between them. To be sure, it is sufficient to associate each presented point of view with different classes of emotional events. Elemental feelings, which are a subjective view of organic states, change little. It is no coincidence that emotionality is an innate and vitally stable personality that is inherent in man. But such a statement is wrong in relation to influences and even more so emotions. The qualities associated with all of them indicate that these feelings are evolving. Man is able to maintain the natural appearance of the effect and can be very instructive in this regard.

High feelings and the improvement of emotions mean the personal development of their owner. This development can go in several directions. First, in the



direction of introducing new objects, objects, events, people into the realm of human emotional experiences. Second, in the direction of increasing the level of conscious, voluntary control and control of one's emotions by man. Third, towards the gradual introduction of high values and norms into ethical regulation: conscience, etiquette, duty, responsibility, and so on. Instead of concluding, it should be acknowledged that the process of understanding and comprehending each other is the main category that produces the most effective outcome of communication. When people communicate with each other through sincere feelings, they prevent conflicts in our society.

References

1. M.Maxsudova. "Psychology of communication". Tashkent. "Turon-Iqbol". 2006 pp. 96-97.
2. Ekman Paul and W. V. Friesen. Constans Across culture in the face and emotion // Journal of Personality and Social Psychology, 17. 1991
3. Eibl- Eibesgeldt I. Similarities and differences between cultures in expressive monoments. In: Robert A. Hinde (ed). Non- verbal Communication.Cambridge, 1999.
4. Anthony Giddens. "Sociology". Editor-in-Chief of "Sharq" Publishing and Printing Joint-Stock Company. Tashkent; 2002y.116-117 pages.
5. Тойирова Ш. И., Тойирова Л. И. Психологическая роль геронтологии в республике Узбекистан //Инклюзивное образование и психолого-педагогическое сопровождение лиц с ОВЗ и инвалидов: от раннего возраста до профессиональной подготовки. Региональные практики и модели. – 2020. – С. 202-205.
6. Тойирова Ш. Ўзбек оилаларда эгизак фарзандларни тарбиялашдаги ўзига хос психологик муаммолар //Oriental Art and Culture. – 2020. – №. I (2). – С. 122-125.
7. Ismatova D. T. et al. OILADAGI AJRIMLAR PSIXOLOGIK MUAMMOSI SIFATIDA //Oriental Art and Culture. – 2021. – Т. 2. – №. 3. – С. 184-190
8. Тойирова Л. И., Тойирова Ш. И. ПСИХОЛОГИЧЕСКИЕ ПРОБЛЕМЫ ПОДРОСТКОВ-БЛИЗНЕЦОВ В УЧЕБНОМ ПРОЦЕССЕ ОБУЧЕНИЯ В ШКОЛЕ //негізі» атты халықаралық білім беру онлайнконференциясының материалдары. – 2019. – С. 113.

9. Тойирова Л., Ульмасова Д. НАВЫКИ ТРЕНЕРА И ОРГАНИЗАЦИОННЫЕ ВОПРОСЫ КАК ВЛИЯНИЕ НА ПРОЦЕСС ПСИХОЛОГИЧЕСКОЙ ПОДГОТОВКИ // Свет ислама. - 2020. - Т. 2020. - №. 1. - С. 152-158
10. Izatovna T. L., Izatovna T. S. PSYCHODIAGNOSTIC BASES OF THE STUDY OF TWINS IN PSYCHOLOGY // E-Conference Globe. - 2021. - С. 98-104.
11. Izatovna T. S. THE INFLUENCE OF PSYCHOGENETIC FACTORS ON THE UPBRINGING OF TWINS IN UZBEK FAMILIES // ResearchJet Journal of Analysis and Inventions. - 2021. - Т. 2. - №. 05. - С. 297-303.
12. Izatovna T. L. INFLUENCE OF HUMAN FACTORS ON THE UPBRINGING OF BLIZNETS IN UZBEK FAMILIES IN THE PROCESS OF TRAINING // ResearchJet Journal of Analysis and Inventions. - 2021. - Т. 2. - №. 05. - С. 286-292.
13. Тойирова Л. Эгизаклар ривожланиш босқичларидаги ўзига хос психологик хусусиятлар // Oriental Art and Culture. - 2020. - №. I (2). - С. 126-130.
14. Izatovna T. S. PSYCHOLOGICAL APPROACHES OF PARENTS IN THE UPBRINGING OF TWINS IN UZBEK FAMILIES // ResearchJet Journal of Analysis and Inventions. - 2021. - Т. 2. - №. 05. - С. 82-87.
15. Izatovna T. L., Izatovna T. S. PSYCHODIAGNOSTIC BASES OF THE STUDY OF TWINS IN PSYCHOLOGY // E-Conference Globe. - 2021. - С. 98-104.
16. Тойирова Л., Ульмасова Д. НАВЫКИ ТРЕНЕРА И ОРГАНИЗАЦИОННЫЕ ВОПРОСЫ КАК ВЛИЯНИЕ НА ПРОЦЕСС ПСИХОЛОГИЧЕСКОЙ ПОДГОТОВКИ // Свет ислама. - 2020. - Т. 2020. - №. 1. - С. 152-158.
17. Тойирова Л. И. и др. ЭГИЗАКЛАРНИНГ ИЖТИМОЙЛАШУВИДА НУТҚ БИЛАН БОҒЛИҚ ПСИХОЛОГИК МУАММОЛАР // Oriental Art and Culture. - 2021. - Т. 2. - №. 3. - С. 196-200.