

## THE CONCEPT OF "EMOTIONS" IN PSYCHOLOGY

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**Annotation:** *This article analyzes the concept of "emotion" and its types in the field of psychology. It divides several variants of negative and positive emotions of the person and its psychological effects.*

**Key words:** *Emotion, behavior, displeasure, pleasure, negative, positive, neutral, philosophy.*

**Introduction.** Numerous concepts of emotions have developed in modern psychology. There are more than twenty different theories in the West. In our country, there are also different interpretations of these phenomena. O. Krasavsky singles out the following theories as generally accepted, the most famous and well-established: the theory of discrete emotions, the theory of social constructivism, activation theory, physiological and cognitive theory, motivational theory, neurological theory, information theory, biological theory, cognitive theory, functional theory, disorganization theory, conflict theory, existential theory<sup>1</sup>.

**Main part.** One of the first detailed studies in the field of emotion was Charles Darwin's concept, according to which emotions are a vestige or a residual phenomenon of reactions that were once expedient for animals. This theory was developed by McDougall. At the end of the 19th century, independently of each other, W. James (psychologist, USA) and G. Lange (physiologist, Switzerland) came to similar conclusions about the origin and mechanisms of emotions. According to their theory, emotions are a mental reflection of physiological changes in the body (in the activity of blood vessels, glands, muscles, etc.). According to W. James, "bodily excitement follows immediately the perception of the fact that caused it, and our consciousness of this excitement while it is being performed is emotion." Having provoked a lively and lengthy discussion, the "peripheral theory" became a kind of model for a large number of alternative theories, differing in which physiological process was considered the main determinant of the emergence of emotions instead of the nervous excitation proposed by James-Lange, emanating from the visceral organs: thalamic (P. Bard, V. Cannon), limbic (Gelgorn, Lufborrow, Rarreg), diffuse activation (Arnold, Lindsley), etc. These theories are discussed in the works of R.U. Lipera, J.-P. Sartre.

A significant step in the neurobiological interpretation of emotions was the biological theory of emotions by P.K. Anokhin. According to this theory, emotions are "physiological states of the body that have a pronounced subjective coloring and cover all types of feelings and experiences of a person - from deeply traumatic suffering to high forms of joy and social feeling of life". At the heart of the genesis of emotions are the needs of the body, the occurrence of which leads to the appearance of negative emotions, and satisfaction - positive ones. "Producing almost instantaneous integration ... of all body functions, emotions in themselves and in the first place can be an absolute signal of a beneficial or harmful effect on the body ..."<sup>2</sup>.

The most developed today is the need-information theory of emotions by P.V. Simonov. According to this theory, "emotion is a reflection by the brain of a person and higher animals of some actual need (its quality and magnitude) and the probability (possibility) of its satisfaction, which the subject involuntarily evaluates

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<sup>1</sup> Красавский Н.А. Эмоциональные концепты в немецкой и русской лингвокультурах: Монография. - Волгоград, 2001. - с. 31.

<sup>2</sup> Анохин П.К. Эмоции // Большая медицинская энциклопедия. - 2-е изд. - т. 35. -М.: Медгиз, 1964. - с. 339.

on the basis of innate and early acquired individual experience”<sup>3</sup>.

However, this theory was also criticized by a number of authors (G.A. Vartanyan, E.S. Petrov, etc.). B.I. Dodonov accused P.V. Simonov in the revival of the theory of hedonism, forgotten and rejected by our philosophers and psychologists, according to which a person lives for the sake of pleasure<sup>4</sup>.

E.Yu. Myagkova believes that “the main directions in the study of emotions can be divided into five types of theories: sensory experience, physiological, behavioral (behavioral), evaluative and cognitive. Within each of these types, attention is focused on a separate (different from others) component of emotions”<sup>5</sup>. Most of these classifications are relevant only for psychology and physiology.

There are ongoing discussions between supporters of various theories of emotions about the essence of the emotional phenomenon. However, no theory can be rejected. The thoughts of scientists concentrated on certain aspects of emotional experiences, and discoveries were made accordingly. At the same time, no theory can be considered exhaustive in explaining emotions. Only a comprehensive analysis of experiences, taking into accounts the biological and social, with the latter playing a leading role, can reveal a complete picture of the origin and functioning of emotions.

**Conclusion.** In the study of emotions, two interrelated stages can be distinguished. Until the 20th century, scientists described emotions mainly as a subjective state of a person and as its internal manifestation. Their procedural “part” remained almost untouched, i.e. physiological mechanisms.

The problem of the physiological mechanisms of emotions became the subject of special research in the 20th century, in connection with the appearance of the results of studying the brain regions and structures associated with emotions. The latest brain research has expanded and deepened knowledge, but much remains unexplored and unclear.

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<sup>3</sup> Симонов П.В. Рефлекторная теория поведения: (Тезисы) [Девятые сеченовские чтения], 20 ноября 1984 г. - АН СССР, М-во здравоохранения СССР, АМН СССР, Отд. мед.-биол. наук и др., 1984. – С.63.

<sup>4</sup> Додонов Б.И. О так называемой «информационной теории эмоций» // Психологический журнал / РАН. - т. 4, № 2. - М.: Наука, 1989. - с. 104-116.

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