



## SOCIO-PSYCHOLOGICAL CHARACTERISTICS OF PERSONALITY EMOTION

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**Annotation:** this article examines the socio-psychological characteristics of personality emotion. The concept of emotion and the neuromuscular basis of emotional states have been studied. Also included are Djeims-Lang, Kennon-Bard, S.Shakhtar, D.Emotion theories of scientists such as Zinger have been studied. Theory of opposing emotions (R.According to Salomon) and the types of psychic States, the concept of stress and issues such as psychic tension and its management have been cited.

**Keywords:** person, emotion, nerve, physiology, psychic state, stress, emotion, affect.

As long as a person perceives various objects and phenomena in the external environment, he will never be completely indifferent to these things. The process of reflection of a person is always of an active nature. The reflection process covers:

- a) that a person has the opportunity to satisfy a need;
- b) participation as a subject in objects that help or resist satisfaction;
- c) a relationship that seeks the knowledge that moves it, etc.

Because as long as a person perceives and reflects every different thing around him, he has a certain attitude towards these things. For example, if we like certain things, that is, if they lift our spirits, we don't like something else and spoil our mood, making our hearts dull. Some food is very liked by a person, while another food is absolutely not seen, or some people are welcome to us, or other people come unpleasant. A person in general reacts to everything around him, and his relationship is also reflected.

People are not indifferent to what they perceive, see, hear, do, think, dream. The same subjects, individuals, characters, events delight us, others offend again others arouse our anger, hatred. We feel fear when we are in danger, it is a pleasure to win over an enemy or overcome a challenge.

Emotion is a unique process of reflection of our feelings, in which, in the process of reflecting things and phenomena, the internal experiences and relationships that are born in us are reflected. Hence, emotions occur in connection with the influence of things and phenomena in the external world, without occurring on their own.

Emotion is the pleasant or unpleasant experiences that arise from a person's feeling of his own attitude to reality, associated with his needs and interests. From the definitions presented, it can be



seen that the concept of emotion is a broader concept in relation to emotion, encompassing all aspects of an individual's daily life, lifestyle.

Emotions from the point of view of their occurrence will be associated with the needs, interests and aspirations of a person. For example, emotions associated with the satisfaction of a person's organic needs create a feeling of pleasure, satisfaction in a person. The inability to satisfy organic feelings leads to a feeling of suffering, intolerance, which lowers a person's soul, spoils his mood.

Emotion is a system of signals that indicate what is happening in a person and what is significant for a person as a person from things. In this case, an infinite number of stimuli affecting the sensory organs are clearly separated from them, some are combined with each other and merge with the sensation that appears. The result is preserved as images of memory, expressed by an emotional name, evoking a founding. This can be explained physiologically as follows: certain triggers become a harbinger of calm for living beings. Emotional experiences, on the other hand, manifest themselves as the strengthening of the system of reflexes that are contained in a person's personal experience. This is how the innate function of emotion is called the impressionistic side of emotion in psychology.

Emotion, like all other mental processes, is associated with the activity of the part of the cerebral cortex. The brain is the power of emotions, and manages the stability. Emotions, in addition to the activity of the cerebral cortex, which is different from other cognitive processes, are also related to the activity of the internal organs of the body, in other words, emotions are also related to the activity of the autonomic nervous system. CHunonchi, a person turns red when he is deeply ashamed, and when he is deeply afraid, his color fades and trembles, and a change also appears in the person's voice. At the moment when such an emotional state occurs, a person's heart begins to beat faster, breathing also accelerates. [1]

So, when a person is experiencing a certain emotional state, his circulatory system, respiratory organs speech apparatus endocrine glands are also involved. For example, a student who is not familiar with the material sweats when taking an exam, gets stuck in his throat and cannot speak. The use of phrases such as "his heart pulled back", "cold sweat overtook" during severe fear in a person indicates the participation of the internal organs of a person during the sensation.

Too many emotional states are also related to the range of the near-scaly subunits of the brain. For example, the part called the vision Hill is the center of involuntary movements that represent certain sensations.

The high spiritual sensations that a person experiences should also have their own neuromuscular basis (chunongchi intellectual, moral, aesthetic feelings). In this respect, academician I.P.Pavlov's teaching about the dynamic streotype is of great importance. About this academician I.P.Pavlov wrote:"it seems to me that it is often a habit at times when the usual routine changes, and the physiological basis of heavy emotions, which is forgiven during mental anguish, when the rest of the training is lost from a loved one, should be the same as the change of the old dynamic streotype, its loss and the formation of a new dynamic

On the basis of some complex sensations, the laying of a dynamic streotype is clearly visible. For example, if we take an aesthetic feeling, enjoying some cute jacket, or watching some amazing pictures of a famous artist who has worked, then pleasure is considered an aesthetic sensation. If we analyze the neuromuscular basis of these emotions, we can see the following. For example, a melody that we like so much may not please a person of another nationality. There is no place for surprise in this. As a result of the fact that from an early age we hear this melody several hundred times, an extremely complex dynamic streotype occurs, which is almost indestructible in relation to



this melody. That's why we like some tunes, and some don't. When it comes to the issue of pictures, it must be said that the fact that the ancient classical works are the way they work brings us pleasure to be amazed. On the contrary, paintings by current artists give birth to some kind of unpleasant sensation in a person. So dynamic stereotypes that occur over many years make up some complex feeling.

Thus, even if the sensation is associated with internal organ activity controlled through the autonomic nervous system, the bari is handled through a cerebral cortex. Because academic I.V.Pavlov believes that all those phenomena that occur in the body of a person's entire organ are handled by neurons in the part of the cerebral cortex. In this respect, the neuromuscular basis of emotion is associated with the cerebral cortex.

For a long time, psychologists have been trying to solve the issue of the nature of emotions. In the XVIII-XIX centuries, there were no special points of view on this problem. From common views, organic expressions of emotions are an intellectualization point of view, which arose on the basis of evidence of the consequence of psychic phenomena. Imagination is considered a fundamental psychological argument, while our senses correspond to the connections that are established between different representations, and the conflict between the representations is considered as a relative affectivity, I.F. Herbart brought a clear expression of this theory. V. Wundt was also a supporter of this theory. Thus, in the study of emotions, thoughts about them subjectively, that is, about the psychic nature of emotions, have found their confirmation, according to which psychic processes cause certain organic changes.

In 1872, ch. Darwin published the work "the expression of emotions in Man and animals." In his opinion, there are generalities between animal and human behavior. His opinion was substantiated by him, proceeding from the observation of the external expression of various emotional states of animals and people. The data obtained from these observations were laid on the basis of the theory of emotions, which received the name of the evolutionary doctrine, according to this doctrine, emotions arose as adaptation mechanisms that provide adaptation to the living conditions and situations of the organism, which are vital in the process of evolution of living beings.

The current history of emotions is he in 1884. Djems " what is emotion?" begins with the publication of the article. U. Djeims and independent ravishdag. Lange developed a theory of emotions, according to which the appearance of emotions is associated with changes in the field of external influences, voluntary movement and systems that are formed. The emotions associated with these changes are, as it were, emotional experiences themselves. According to Djems, "we are sad because we cry; we are afraid because we tremble; we are happy because we laugh." This emotional message affects the brain, igniting certain behavior, while reverse somatosensory and viscerosensory afferentation indicate that emotion occurs.

But the djems-lange concept caused a number of objections. To the ratio of organic and emotional processes it.kennon expressed the opposite opinion. According to his determination, organic changes that are artificially generated in a person are not always observed together by emotional experiences. Later, p.Bard shows that in reality, bodily changes and emotional experiences associated with them appear almost simultaneously, while from all parts of the structure of the brain, emotions are connected not by the thalamus itself, but by the central parts of the hypothalamus and limbic system.

Lindsey-Hebb's activation theory appeared after the psychoorganic theories of djems-lange and kennon-bards. According to this theory, emotional states are determined by the influence of the Nai of the lower brain on the reticular formation, since this structure responds to the level of activity of



the organism. Emotional expressions, on the other hand, are a change in the level of activity of the nervous system in response to some concussion.

A separate group of theories is formed by worldviews that reveal the nature of emotions through cognitive factors, that is, through thinking and consciousness. Among them, first of all, 1. Festinger's theory of cognitive dissonance should be highlighted. Its main concept is the consonance. This is a negative emotional state that occurs in a situation where the subject has a psychological contradictory information about the object. According to this theory, positive emotional experiences appear in a person when the results he expects are confirmed. Such a positive emotional state is characterized by consonance, negative emotions occur when there are differences or dissonance between the expected results from the activity and the actual results.

S. Based on Schachter's cognitive-physiological concept, the emotional state that arises, along with the perceived stimuli and the physical changes that occur, also has an impact on a person's past experience and his subjective assessment of the situation. In this case, the assessment is formed on the basis of its current interests and needs.

Among cognitivist theories is P.v. Simonov's informative concept of emotions can also be included. Based on this theory, the emotional state is determined by the quality and intensity of the actual need of the individual, as well as the assessment of the likelihood of its satisfaction. This probability assessment is carried out by a person on the basis of innate and previously acquired individual experience, involuntarily comparing the information about the approximate necessary means, time, reserves for satisfying the need with the information received at the same time. P.v. Simonov's approach was reflected in the following formula:  $h = e(m - a)$ , in which  $h$  is emotion, its strength and quality;  $e$  is the magnitude and specificity of the urgent need;  $m$  is the necessary information to satisfy the urgent need;  $a$  is the relevant information that exists in a person at the moment.

The consequences arising from this formula are as follows: If a person does not have needs ( $e = 0$ ), then he does not even feel emotions ( $h = 0$ ); even in the case when a person who feels a need has a full opportunity to realize it, emotions do not occur. If the subjective assessment of the likelihood of satisfying a need is high, positive sensations are manifested. Negative sensations, on the other hand, occur when the subject evaluates the possibility of satisfying his need negatively.

The cerebral cortex occupies an extremely important place in the management of emotional states. I.p. it is by Pavlov that it is indicated that the cerebral cortex experiences and expresses, controls, keeps under its control all phenomena occurring in the body, has a braking effect on the sub-cortical centers, controls them. As confirmation of the above, it is possible to cite clinical cases in which sharp differences are observed between subjective experiences and their external expression. In patients with damage to the bark of large hemispheres of the brain, the desired sedative may cause incompatible external influences: severe laughter or shattering tears. But, without laughing, these patients feel sad, while without crying, sometimes rejoicing.

In human emotional experiences, the second alarm system is of great importance, since experiences, together with the direct influences of the external environment, can also occur through words, thoughts. Likewise, a Read Story can give rise to an emotional state in which the movie Watched is appropriate. Currently, the second alarm system is considered to be the physiological basis of intellectual, moral, aesthetic high human feelings.

In conclusion, it is necessary to cite the components of emotions, these are: 1) subjective perception, 2) the reaction of the organism, 3) the sum of thoughts that occurred with emotions and



in the imagination, 4) specific facial expression, 5) generalized emotional reactions: in a negative emotion, your reaction to the events around you will also be negative, 6) a tendency to

It should be noted that until now there is no single point of view on the nature of emotions. Research aimed at the study of emotions is still being carried out now. The experimental and theoretical material that has now been collected testifies to the ambivalence 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 structure of the system of human values, etc. On the second hand, emotions are determined by the physiological characteristics of the individual. Emotions arise as a result of a certain sedative effect, which is just a kind of expression of the control mechanisms of human adaptation and behavior. Human mood, affections, feelings and passionthe present make up his emotional life and an individual quality such as emotionality. Emotionality can be described as a tendency to emotional exposure from various conditions that relate to a person's life, from mood to passion –the ability to forgive emotions, the strength and quality of which are different, as well as the influence of the power of emotions on thinking and behavior.

Describing the characteristics of a person in many cases means determining what this person likes, what he hates, what causes him to be proud,ashamed, jealous and grieved. The subject of individual stable feelings, their intensity and character reveal to those around them the emotional world, feelings of a person, and with this, his individuality. S.L. Rubinstein writes that all the distinctive features of the personality's character and mental abilities, interests and attitudes towards other people are manifested and reflected in the rainbow color of feelings and sensations.

Emotionality is innate, but affects, sensations develop in the process 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 gradual introduction of high moral values (conscience, responsibility, Honor, etc.) into moral Management, an increase in the level of conscious volitional control and control of personality sensations.

There is a certain consistency in the development of human emotional life. But the transition from the sensation of one period to the sensation of the next is associated with the comprehensive development of the personality. Emotions can be a powerful incentive in relation to activities that accumulate human energy, the main thing is to direct them in an appropriate way.

It is very important for each person to have the skills to effectively influence the emotional state of other people at the same time as enhancing and expanding positive emotional influences. It is important to know and keep in mind that harmful emotional influences occur in most cases in situations of high emotional tension, in extremely exhausted situations, at the time of frostbite, when people are impressionable, when things do not go as they should, when vital plans fail.

As emoticons in practical life, we usually understand the subtle shades of mood, ranging from various human response reactions-wavy outbursts of passion. In psychology, emotions are called psychic processes that reflect the assessment of external and internal situations and personal significance for Human vital activity in the form of experiences. Emotions are human and Animal Response reactions to the effects of iski and external sedatives with a bright subjective tone. It follows from this that a significant sign of emotions is their subjectivity. Emotions arose as an adaptive "product" of evolutionism, as biologically generalized methods of the behavior of the organism in typical situations.

Emotions are associated with needs with their satisfaction or non-satisfaction. Emotions are two-valence-they are either positive, or negative. Emotions are a mechanism for directly assessing the





degree of proportionality of the body's interaction with the environment. Emotions in place of needs are directed to action. In many emotional expressions, four types of initial emotions are distinguished: joy (pleasure), fear, anger and admiration.

Feelings are a reflection in the human mind of his attitude towards reality, which appears in the satisfaction or non-satisfaction of his high needs.

There is a lot in common between emotions and feelings, but there are also differences. Likewise, emotions are a broader concept, sensations are one of the expressions of emotional experiences. Emotions – primary, and sensations-secondary in appearance, origin. Since emotions have the property of a directional reaction, they are often, vague and insufficiently understood, while sensations, in most cases, are specific and related to the body. Emotions are associated with biological processes, and sensations – with the social sphere. In addition, they are connected with an incomprehensible sphere, while sensations are manifested to the maximum extent in our consciousness. Human senses will always have external ones, while emotions will not. Finally, emotions depend more on the situation, and become short-lived, while sensations have a more persistent and brightly expressed subject character. They reflect the stable attitude of a person towards certain objects. The senses were those that appeared in the process of cultural and historical development of Man, and those that found Rivage.

Emotions and feelings do not exist outside of intuition, perception, imagination, human knowledge and activity. Emotions and sensations arise in the very complex interaction of the object and the subject and depend on the characteristics of the bodies that may occur. The specificity of feelings and sensations is determined by the needs, motives, aspirations, wishes, will, Character Traits of a person. Understanding the nature of emotions and sensations presupposes their consideration in human vital activity. The basis for the emergence of emotional states is the needs and motives of a person. Satisfying them implies pursuing a goal, solving vital Masas. Real-life conditions in which the achievement of the intended goals, aimed at meeting needs, is carried out, cause a diverse nebula of emotional experiences. Emotions differ depending on the indicators of the majority, that is, on the quality (positive and negative), intensity (strong and weak), duration (short-term and stable), awareness, depth, hereditary source, complexity, tasks that they perform, the effect they have on the body.

Emotions perform different tasks. Among them are the tasks of managing, reflecting, combing, motivating (stimulating), reinforcing, conducting, adapting, communicative, forming, expressing.

Emotions and sensations perform the task of controlling the state of the body and human behavior. Just as they also say that a good word is a soul weight. In this, first of all, the emotional state of another person, which occupies an important place, will be envisaged by the universal influence. In this, the controlling function of emotions and sensations is manifested. The task of reflecting the overall assessment of the muscles was expressed, since the sensations cover the whole organism, they allow to determine the benefit or harm of the factors being affected and to be affected until a harmful effect is detected. For example, a person crossing the road experiences a different level of fear according to the situation in him. It follows from this that the task of reflection of emotions and sensations makes it possible for a person to get the right direction in the world around him and to appreciate bodies, phenomena from the point of view of their desired. The experiences that the messenger task arises are the course of the process of satisfying a person's needs in him, what obstacles he faces on his way, what he should pay attention to first of all, etc.k.it consists of reporting the lar. The evaluative or reflective function of emotions and sensations is directly related to the motivating function. S.L. As Rubinstein showed,"... emotion embodies passion, desire, aspiration, directed in itself towards the body or in reverse." Thus, achieving the satisfaction of the



need for which emotions and sensations arise, or the search for a way to solve the task facing a person, helps to determine the direction.

The strengthening task consists in the direct participation of emotions and sensations in teaching. Important events that cause a strong emotional impact remain in memory for a long time. The transfer function of emotions and sensations is especially evident in the competition of motives, as a result of which a strong need is identified. Similarly, the contradictions that may arise between the instinct of self-preservation, which is natural to man, and the social need to adhere to certain ethical standards, are, in their essence, fear and is introduced in the struggle between the sense of responsibility. The task of the adaptor, due to emotions, is that living beings show the importance of one or another conditions in meeting the needs that are relevant for them. According to Ch. Darwin, emotions arose as an adaptive tool. Due to the sense that appeared at the right time, the organism has the ability to effectively adapt to the environment.

There is also a communicative function of senses. Mimicry and pantomimic actions give a person the opportunity to convey their experiences to others, to provide information about their relationship to the surrounding objects and events. Facial expressions, body postures, gestures, meaningful sighs, changes in tone of voice are considered to be the "language of human feelings", a means of communicating emotions. Research shows that not all expressions of feelings can be easily identified. Emotions like horror (57%), followed by disgust (48%) and surprise (34%) are easily identified. In the communicative task, it is possible to distinguish the task of influencing others.

The summarizing function of emotions allows to combine separate events and facts that are close to each other in time and space. In addition, emotions perform an expressive function. In most cases, they are accompanied by organic changes of a peripheral nature (redness, paleness, rapid breathing, frequent ejaculation, etc.), expressed in expressive movements (mimicry and pantomime, vocalization). Through expressive actions in everyday life, we usually perceive and evaluate changes in the emotional state and mood of the people around us.

Emotions occupy a very important place in people's lives. Similarly, today no one denies the connection of emotions with the characteristics of the vital activity of the organism. It is known that the activity of blood circulation, breathing, digestion, internal and external secretion glands and other organs changes under the influence of emotions. Excessive intensity and duration of experiences can cause disorders in the body.

Emotions are very complex mental phenomena. Important emotions include the following types of emotional states: emotional affects, moods, passions, stresses, frustrations, emotional tone of emotions, emotional attitude.

Affect is a strong and relatively short-term emotional state that appears in connection with a sudden and unexpected change in the life conditions relevant to the subject and is accompanied by clearly expressed moving visceral (internal organic) manifestations. The affective state is expressed by inhibition of conscious activity, manifested in the loss of conscious control of the subject's behavior. In real conditions, the affect develops in the subject's inability to find a way out of dangerous, often unexpected situations. An example of an affect is strong anger, bitterness, horror, intense joy, deep sadness, despair, etc. One of the main characteristics of affect is that this emotional impact makes a person feel the need to perform some activity, but in this case, the person loses the sense of reality.

The next type of emotional state is the emotions themselves. Emotions differ from affects in their duration. Another special aspect of them is the impact not only on current events, but also on those that are supposed or remembered.



In order to understand the nature of emotions, most of the objects and phenomena of the external environment affect the sense organs, and they are expressed in complex, multifaceted emotional feelings and sensations, and at the same time both pleasure and dissatisfaction, sensations can cause. In addition, in most situations, on the one hand, there is a feeling of tension, and on the other hand, a solution, or a light pull. We feel strained when dealing with difficulties in critical moments of activity, responsible moments of decision-making. It has a clearly visible active nature and is accompanied by increased attention to the object of activity, accumulation of mental and physical strength, thirst for action, and a special excitement that surrounds us.

Another kind of reflection of emotional processes is arousal and relaxation. An excited emotional state is usually of an active nature and is associated with an activity or preparation for it. Although relaxation is associated with a decrease in activity, it serves as a basis for its appropriate use.

Emotions are divided into sthenic and asthenic types depending on their influence on movement activity. Sthenic emotions and sensations encourage active movement, gather human strength. In the same way, feelings of joy and inspiration stimulate a person to energetic activity. Asthenic emotions relax a person, reduce his activity, stop his activity.

Mood is a stable experience of one or another emotion. A prolonged, disruptive emotional state. It is caused by influences covering the individual's personal aspects, basic life emotions, success or failure in relation to work, favorable or unfavorable conditions, the level of culture in human relations, and internal conditions. Mood shows the stimulating function of emotions and sensations, their influence on human activity. Mood can be positive or negative, have a certain intensity, expressiveness, tension and stability.

The highest level of mental activity under the influence of emotions and sensations is called euphoria, and the lowest is called apathy. Derailment is the imperceptible change in mental activity caused by negative influences. The emotional stability of a person is expressed in the stability of his behavior in relation to various emotional influences. Stability in relation to difficulties, tolerance in relation to other people's behavior is called tolerance.

A stable, deep and strong feeling that determines the direction of human thoughts and actions is called passion. The main feature of passions is that they have a practical result, the unity of volitional and emotional states. Passion makes a person to think hard about the object of feelings, to fully and clearly imagine the satisfaction of the needs based on them, to imagine real or possible obstacles and difficulties on the way to this satisfaction, and to think in every way. makes you cry. Stagnation of passions is characterized by the duration of possession of a person over time. Passions can be positive or negative as an expression of a person's deeply chosen attitude towards the world.

Different sensations (smells, colors, sounds, etc.) are pleasant, neutral or unpleasant for us. Emotional tone. Emotion is often manifested only as a specific aspect of mental processes as an emotional color. A pleasant conversation, a funny story, an unpleasant smell, a boring book, a hobby, a pleasant trip, a hard job, etc. Despite the fact that emotions are often distinguished by their affectivity, emotional states of this quality are called sthenic (derived from the Greek word meaning power). In this case, emotions give strength and satisfaction to bold actions, logical reasoning, and relative research. Emotional response is an operative emotional response to current changes in the physical environment. You saw a beautiful scene - an emotional response arose. This answer is determined by a person's emotional arousal and emotional tone. One of the types of emotional response is sympathy - caring for the emotional state of other people together - an important social quality of a person. Emotional states underlying conflict include stress, frustration, and affect.





There are several definitions of the concept of stress. In particular, it is defined by A. V. Petrovsky as a special form of experiencing emotions that are close to the stress-affective state, but are close to moods according to the duration of their experience. According to Professor E. Goziev's book of general psychology, stress-heavy physical and complex mental loads are shown as emotional strains that arise when dangerous situations arise, when urgent measures are taken. .

Stress is a process of tension that occurs as a result of overexertion of the human body.

Depending on the appearance of stress, it is divided into two types:

Constructive - of our type (among many);

Destructive is an ego process.

The concept of stress was introduced by the Canadian scientist Hans Seele, who defined stress as a set of adaptation-protective reactions of the organism to the effects that cause physical or mental injury. In the development of stress g. Sele distinguished three stages: a) anxiety, b) resistance, c) derailment.

The anxiety reaction consists of a period of shock (state of mental depression) and a period of recovery and anti-shock of lost mental functions. The stage of resistance (resistance) is characterized by the emergence of resistance to the influence of stressors. As a result of their continuous influence, the strength of the organism decreases, and the stage of recovery begins, sometimes defective disease processes occur that lead to the death of the organism.

Although stress is dangerous for life, it is necessary for the body: in austress ("useful" stress), adaptation mechanisms of the individual are developed. There are informational and psychological types of stress (emotional stress).

Another law of emotions and sensations is psychosomatic correlation, connection with vegetative changes, which means the influence of emotions leading to changes in the functions of the organism and human life.

The diversity of emotional experiences is primarily expressed in people's moods. In people who are weakly affected emotionally, only some extremely disturbing event brings about clearly expressed feelings. In another category of emotionally sensitive people, even a trivial situation can cause strong emotions. Even an insignificant event can raise or lower their mood.

Let's look at another problem related to oniomania and shopaholicism. Oniomania (addiction to stores) - a tendency to buy, which is established in the brain, is observed in cases of temptation, not agreeing with its necessity and consequences. Such dependence is called shopaholicism in modern language.

An unhealthy obsession with shopping, oniomania, or shopaholism, is a disorder that was first discovered in the 20th century, but it wasn't until the early 1990s that scientists began to pay serious attention to it. According to medical professionals, 10% of the planet's population, mostly women (90%), suffer from oniomania. 55 million in the USA. people have this disease, 15 million of them. are chronic shopogists.

If before, those who suffer from oniomania visited supermarkets and shops for shopping, now they shop on the Internet, TV shop or color catalogs. The causes of oniomania have not yet been fully determined. According to scientists, shopaholicism is related to the deficiency of the hormone serotonin, which controls human mood. Some people order products because they like receiving gifts. OR, a woman pleases herself with a new purchase to comfort herself from family problems.



The reasons can be different, and the consequences go back to large debts. According to scientists, polygamy is as serious as alcoholism.

Frustration is depression, a painful emotional experience of a person's failure to achieve a certain goal. Frustration is often associated with aggressive behavior directed against the frustrator. If the causes of frustration are not eliminated, a deep depressive state may occur, which is associated with a continuous deterioration of the psyche (impairment of memory, logical thinking abilities). In a state of frustration, a person looks for ways out, indulges in the world of sweet fantasy, and sometimes collapses, that is, returns to the initial stages of mental development.

Different forms of emotional processes do not exist separately in a normal person. The generalized feelings that clearly live in hundreds and thousands of emotions, affects, moods are called higher feelings. The higher senses take into their composition various senses that appear simpler at first.

Depending on which type or field of human activity, which of the senses is the main, important types of higher senses are distinguished: practical, moral, intellectual, aesthetic types.

Moral feelings are expressed in a person's relationship to other people, the community and his social duties. When a person experiences these feelings, he evaluates other people's behavior or mental characteristics and his own behavior based on a certain morality, that is, a set of social morals and norms.

Intellectual emotions are emotions that are close to moral emotions in their essence. Intellectual emotions are emotions related to the cognitive process of a person, and are expressed in situations such as surprise, amazement, doubt. Aesthetic feelings are also high moral feelings. By aesthetic sense, we understand the perception of beauty, the enjoyment of beauty and the desire to create beauty. Aesthetic feeling is a feeling common to all people. The surrounding natural scenery is the first source of our aesthetic feelings.

Practical feelings. Any sphere of practical life of a person becomes a sphere of purposeful mental activity, a certain attitude of a person towards them. It is first of all not only aware of a goal, but also evaluates the ways of achieving the goals, which admits or denies it, approves and disapproves of the methods and scopes of influence, doubts whether they are chosen correctly, and finally success or is observed in work activities that forgive the feeling of failure. In the process of life activity, stable emotional qualities - emotional characteristics and properties are formed in a person based on the environment and genetic conditions.

Emotional characteristics of a person include emotional reactivity, excitability, affectivity, emotional stability, general emotional tone, strength of emotional influences and their external expression - expressiveness.

Emotional characteristics determine the mental appearance of an individual, form the emotional type of a person. People are divided into emotional, highly impressionable, passionate and frigid customers. The first is easily excitable, emotionally sensitive, impulsive; the second is to observe one's senses, to enjoy them; the third is emotionally aspiring, extremely active, persistent in achieving the goal; the fourth - they act with intelligence, they have a feeling of sadness.

The emergence and extinction of feelings and sensations are subject to all the laws of conditioned reflex formation.

Sensations developed in relation to an object are transferred to a certain extent to a class of objects of the same type. Thus, one of the laws of sensations is their generalization and transferability. Another rule is the weakening of the senses under the influence of continuous stimulants. In the



same way, a favorite song may not be liked if it is heard over and over again; a joke that is repeated too many times is no longer funny.

Like positive emotions, negative emotions tend to fade. To a certain extent, a person gets used to different situations, as well as negative effects (smells, ugly sights, uncomfortable conditions).

The different segues caused by the influence of different susceptors are compared with each other and influence each other and interact with each other. When a person's ugly behavior is compared to the noble behavior of another person in the same situation, the feeling of regret increases, and the feeling of satisfaction is stronger than the feeling of dissatisfaction. The fate of a person, the more severe his sufferings, the more joyful the end of his failures is perceived - this is a sharp contrast of feelings.

One of the laws of intuition is their concentration. Sensations regularly generated by this or that object are collected and aggregated. As a result of this, a person's love and respect for parents, friends, and beloved country will be strengthened. The accumulation of negative experiences (life difficulties) can lead to a very strong impact on the affective state from an event that is externally insignificant.

Emotional states can change places. Likewise, success in one activity can compensate for failure in another.

Another law of emotions is their variability. Unsatisfied feelings about one object can be transferred to other objects ("compensation for all").

Ambivalence is the Latin word for all-powerful, and it is an emotional volitional state in which a person appears at the same time in relation to the same object.

Ambivalence in emotion is one of the necessary characteristics of emotion, in which pleasure and pain are combined and not mutually exclusive. For example, jealousy, love and hate.

Another law of emotions and sensations is psychosomatic correlation, connection with vegetative changes, which means the influence of emotions leading to changes in the functions of the organism and human life.

## Conclusion

In conclusion, it can be said that among people, features are observed that differ in the depth and stability of the expression of emotions. Some people are surrounded by emotions, leaving a deep mark after themselves. In others, emotions are superficial and pass easily, unnoticed, immediately and without a trace at all. Differences in the expression of affections and passions are clearly manifested in people. In this, it is possible to distinguish people who are disproportionate, lose control of themselves and their behavior, succumb to affections and passions, for example, anger, punishment, anxiety. Other people, on the contrary, are constantly able to control themselves, control their feelings, consciousness. One of the differences between people is that feelings and emotions are reflected in their activities. Likewise, some people believe that the senses have an influencing property, induce action, while in others it is all limited to the feeling itself, which does not cause a series of changes. A bright form of lethargy of sensations is expressed in human volunteering. Thus, the differences in the manifestation of feelings and sensations determine the uniqueness of a particular person, that is, his individuality.

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