

## PSYCHOLOGICAL STUDY OF EMOTIONS AND EMOTIONS IN WORLD PSYCHOLOGY

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### ANNOTATION

The role of psychology in world science today and its development, the manifestation of psychological conditions in world psychology, the main causes of self-government, emotional and emotional states in world psychology today.

**Keywords:** World psychology, psyche, emotional experiences, manifestations of mental states, feelings and emotions, modern psychology, emotional states, emotional states,

### INTRODUCTION

One of the main factors determining the development of any state is the level of development of high personnel, such as excellent education in their field and spiritual maturity, spiritual maturity, self-awareness, patriotism and devotion. . The teaching of psychology is of particular importance in the educational process, taking into account the specifics of the teaching and learning of foreign languages. Teaching general psychology at the present time is the development of psychological knowledge of future teachers, the essence of general psychology, research methods of psychology, mental development and the factors influencing it, the personality of motivation for activity and activity. The role of cognitive processes in the development of the individual, the role of cognitive processes in understanding the realities of the world around him, the individual psychological characteristics of each person and on this basis the specific course of emotional-volitional, emotional-emotional states, psychological objective laws and mechanisms are aimed at acquiring knowledge about changes in a person's behavior in a scientifically-theoretically general manner. Every teacher must have the psychological knowledge and skills necessary for the successful conduct of educational activities, as well as the general professional and personal qualities of a teacher-coach. Therefore, it is imperative that every professional teacher has a deep knowledge, skills and abilities in general psychology. [1] Today, based on certain laws of world science, this science is included in a certain category. Because all the objective conditions are sufficient for the science of psychology to occupy an influential place in this system. There are a number of important factors, both natural and social, that underlie this assertion. Because the science of psychology is the most complex of the sciences discovered by mankind, it has been studied as a category that reflects the nature of matter, which is highly composed of the psyche, based on the biosphere doctrine. It is a bit more difficult to determine the specifics of the phenomena studied in psychology. Emotions arise from the events and perceptions we perceive, imagine, and think, as well as from the effects of our actions and deeds. Not only do we have certain feelings because things perceive and think, but mainly because these things are connected to our needs and

interests to a certain extent, they give us different feelings. and we do not have significant feelings if what we imagine and think is not related to our needs and interests. Such things often go unnoticed. [2] Understanding these phenomena largely depends on the worldview of people who are faced with the need to master the science of psychology. Psychology applies the specific features, manifestations, and general laws of development of the human psyche. Mental phenomena are grouped under such names as "perception," "memory," "contemplation," "will," "feeling," and so on, all together forming concepts called the psyche, the psychic inner world of man, his spiritual life, and so on. One of our great scholars, Ibn Sina, was the first scientist in the world to experiment in psychology. He conducted the first experiments on emotional states. Emotion is a reflection of a person's subjective experiences in terms of being, marriage, and interpersonal relationships. A person is not only a living being, but also a member of society. It also objectively reflects the attitude of the individual as a person to the things and events around him. The process of reflection includes: a) the ability to meet the needs of the individual; b) to participate as a subject in objects that help or resist satisfaction; d) motivating, cognitive attitudes, etc .; e) The fact that the subjective attitude is reflected in the human brain in the form of feelings, emotional states, high inner experiences, creates feelings and emotions. Emotion is a reflection in the brain of a person who is the subject of the needs of a clear reality, his attitude to objects, which is valuable and important to him. Emotion is an emotion that occurs in the social life of a person, is formed in an evolutionary way in the socio-historical development of a person, reflects the ideas, norms, rules, regulations, values assimilated by people living in a particular social environment. Perceived emotions are the process of creating complex inner experiences. [3]

Emotional states, like other mental processes, are the result and product of brain activity. The main reason for the emergence of emotional states are changes in nature and society, relationships, connections, impressions. Emotional processes, situations, or, more narrowly, emotions are one of the most common forms of emotional experience. Emotion is the process of direct transmission of a feeling in a person. In any situation, in addition to being emotional motives for action, they can sometimes be a factor in organizing an activity, sometimes disrupting it. If the emotional state is either too strong or weakens, then the norm is violated, then the purposefulness of the person's activities is lost, as a result of which the objects are misrepresented, they are not interpreted objectively, there are logical flaws in the assessment. is placed. Most theoretical psychologists point out that in the world of psychology, the emotional state of the brain is one of the most important factors in the success of behavior, behavior and activity. It should be noted that the success of human behavior depends largely on the emotional state of the person, mood, stress, affect, emotional experiences and high emotions.

The successful conduct of play, work, study, communication and other activities, the manifestation of behavior in interpersonal relationships is assessed as a positive psychological state, while emotions and feelings are expressed in a stable, goal-oriented manner. The strength, stability, perfection of emotions, the presence of qualities indicate that they have become a type of dynamic stereotypes, means that a person has formed a style of conscious control of activity and behavior. [4]

Today, the science of world psychology has a rich collection of materials on self-government and self-improvement, self-control, self-command, self-education. This, in turn, provides scientific and practical information about the changes and re-creation of human attitudes, goals, conditions and experiences, as well as the diversity of the psychology of everyday life. The science of psychology has become a very practical, applied science with the ability to identify, shape, transfer to new conditions, improve, ensure the dynamics of development, to mark the transition to a new qualitative stage.

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