

EMOTIONAL PERSONALITY

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Abstract: *This article presents an empirical study conducted among students of a higher educational institution as a definition of the level of emotionality.*

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Everything that a person encounters causes him to have a certain relationship. Some objects and phenomena appeal to sympathy, others, on the contrary, disgust. And more complex relationships to life factors are expressed in complex sensory experiences.

Thanks to emotions, a person is aware of his needs and the objects to which they are directed. In the process of evolution, emotional sensations and states have become more complicated and biologically entrenched.

This topic is quite relevant due to the fact that most often a person is looking for an explanation of his behavior. The reason for a particular person's behavior in any situation is most often considered to be emotional phenomena. They help a person overcome various obstacles, and sometimes they do not allow them to cope with the easiest ones. Currently, the emotional spheres are limitless. In every situation, any individual has experiences that are unique. A person not only expresses his emotions, but also evaluates the emotions of others.

Before presenting the results of an empirical study, let's turn to the definitions.

Emotions are a special class of mental processes and states associated with instincts, needs, motives and reflecting in the form of direct experience the significance of phenomena and situations acting on an individual for the implementation of his life activity.

The question of the number and types of emotional reactions has been discussed for a long time. Aristotle also distinguished love and hate, desire and disgust, hope and despair, timidity and courage, joy and sadness, anger. Representatives of the ancient Greek philosophical school of Stoicism argued that emotions, based on two benefits and two evils, should be divided into four main passions: desire and joy, sadness and fear. They further subdivided them into 32 secondary passions. Spinoza believed that there are as many types of pleasure, displeasure and desire as there are types of those objects from which we are affected. R. Descartes recognized six main passions: surprise, love, hate, desire, joy and sadness. As we can see, there is no separation of motivational formations from feelings and emotions in these representations, as well as the separation of feelings and emotions.

At the moment, the following types of emotional experiences are considered to be the most significant emotions: affects, emotions themselves, feelings, moods, emotional stress.

According to V.V. Suvorov's methodology "Definition of emotionality", three levels of emotionality are distinguished: 1) low, 2) medium, 3) high.

Low emotionality is characterized by low sensitivity; a sense of calmness, self-confidence when performing physical work, lack of anxiety in case of non-fulfillment or poor performance of physical or other types of work, as well as a low need for communication, social passivity, and a limited range of contacts.

Average emotionality is characterized by an average sensitivity to failures. An average expressed desire for activity. The average intensity of emotional experiences in case of communication failures is typical for a person to be sensitive to shades of interpersonal relationships; medium-expressed joy and confidence in the process of social interaction.

High sensitivity is expressed by vulnerability in case of communication failures, a feeling of constant anxiety in the process of social interaction; insecurity, irritability in communication situations. A strong emotional experience about the discrepancy between the expected and real result of work.

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