We call emotions a person's experiences, accompanied by feelings of pleasant and unpleasant, pleasure and displeasure, as well as their various shades and combinations. Pleasure and displeasure are the simplest emotions. Their more complex variants are represented by such feelings as joy, sadness, sadness, fear, anger.

Suddenly close to the abyss, we experience an emotion of fear. Under the influence of this fear, we are moving to a safe zone. This situation itself has not yet harmed us, but through our sense it has been reflected as threatening our self-preservation. Signaling the immediate positive or negative significance of various phenomena, emotions reflexively regulate our behavior, encourage or inhibit our actions.

Emotion is a general, generalized reaction of the body to vital effects (from Latin "emoveo" - I wave).

Emotions regulate mental activity not specifically, but through appropriate general mental states, affecting the course of all mental processes.

A feature of emotions is their integration - arising under appropriate emotional influences, emotions capture the whole body, combine all its functions into an appropriate generalized stereotypical behavioral act.

Emotions are an adaptive product of evolution - they are evolutionary-generalized ways of behavior in typical situations.

It is thanks to emotions that the body is extremely adapted to the surrounding conditions, since it, without even determining the shape, type, mechanism and other parameters of the impact, can react to it with saving speed with a certain emotional state, reducing it, so to speak, to a common biological denominator, i.e. determine whether this particular impact is useful or harmful to it.

Emotions arise in response to the key features of objects to meet a certain need. Certain biologically significant properties of objects and situations cause an emotional tone of sensations. They signal a meeting of the body with the desired or dangerous property of objects. Emotions and feelings are a subjective attitude to objects and phenomena arising from the reflection of their direct connection with actualized needs.

All emotions are substantively correlated and divalent - they are either positive or negative (because the objects either satisfy or do not meet the relevant needs). Emotions encourage stereotypical forms of behavior. However, the features of human emotions are determined by the general law of human mental development - higher education, higher mental functions, formed on the basis of lower functions, rearrange them. A person's emotional and assessment activity is inextricably linked to his conceptual and evaluation sphere. And this sphere itself affects the emotional state of a person.

Conscious, rational regulation of behavior, on the one hand, is stimulated by emotions, but, on the other hand, it opposes current emotions. All volitional actions are performed despite strong competing emotions. A person acts, overcoming pain, thirst, hunger and all kinds of desires.

However, the lower the level of conscious regulation, the more freedom emotional and impulsive actions get. These actions do not have conscious motivation, the goals of these actions are also not formed by consciousness, but are clearly predetermined by the nature of the impact itself (for example, impulsive removal from the object falling on us).

Emotions dominate where conscious regulation of behavior is insufficient: with a lack of information for conscious construction of actions, with insufficiency of a fund of conscious behaviors. But this does not mean that the more conscious the action, the less important emotions are. Even mental actions are organized on an emotional basis.

In conscious actions, emotions ensure their energy potential and strengthen the direction of action, the effectiveness of which is most likely. Allowing greater freedom of conscious choice of goals, emotions determine the main directions of human life.

Positive emotions, constantly combined with meeting needs, themselves become an urgent need. A person strives for positive emotions. Deprivation of emotional influences disorganizes the human psyche, and prolonged deprivation of positive emotional influences in childhood can lead to negative deformities of personality.

By replacing needs, emotions themselves are in many cases an incentive to action, a factor of motivation.

There are lower emotions associated with unconditional reflex activity, based on instincts and expressing them (emotions of hunger, thirst, fear, selfishness, etc.), and higher, truly human emotions - feelings.

Feelings are related to meeting socially developed needs. A sense of duty, love, camaraderie, shame, curiosity, etc. are formed in a person as he is included in social ties, i.e. as the individual becomes as a person. Experiencing certain feelings, a person operates with historically developed moral and aesthetic concepts ("good", "eal", "justice", "beautiful", " ugly", etc.),

Thus, feelings are more related than emotions to the second signaling system. Emotions are situationally conditioned, feelings can be long and stable. The most stable feelings are personality properties (honesty, humanity, etc.).

The fact of close connection of emotions with life processes indicates the natural origin of at least the simplest emotions. In all cases when the life of a living being freezes, partially or completely loses, we first of all discover that its external, emotional manifestations have disappeared. The skin area temporarily deprived of blood supply ceases to be sensitive; a physically ill person becomes apathetic, indifferent to what is happening around him, i.e. insensitive. It loses the ability to respond emotionally to external influences as in normal life.

All higher animals and humans have structures in the brain that are closely related to emotional life. This is the so-called limbic system, which includes accumulations of nerve cells located under the cerebral cortex, in close proximity to its center, which controls the main organic processes: blood circulation, digestion, internal secretion glands. Hence the close connection of emotions with both a person's consciousness and the states of his body.

Bearing in mind the importance of the vital importance of emotions, Ch. Darwin proposed a theory explaining the origin and purpose of those organic changes and movements that usually accompany pronounced emotions. In it, the naturalist drew attention to the fact that pleasure and displeasure, joy, fear, anger, sadness are approximately equally manifested in both humans and great apes. Ch. Darwin was interested in the life meaning of those changes in the body that accompany the corresponding emotions. Comparing the facts, Darwin came to the following conclusions about the nature and role of emotions in life.

• 1. Internal (organic) and external (motor) manifestations of emotions play an important adaptive role in human life. They set him up for certain actions and, in addition, it is a signal for him about how another living being is configured and what another living creature intends to do.

• 2. Once in the process of evolution of living beings, the organic and motor reactions they currently have were components of full-fledged, detailed practical adaptive actions. Subsequently, their external components were reduced, but the vital function remained the same. For example, a person or animal in anger grinds their teeth, strains muscles, as if preparing for an attack, their breathing and pulse increase. This is a signal: a living creature is ready to commit an act of aggression.