**Biological and psychological meaning of emotions**

Emotions we call human experiences, accompanied by feelings of pleasant and unpleasant, pleasure and displeasure, as well as their various shades and combinations. Pleasure and displeasure are simple emotions. More complex variants are represented by such feelings as joy, sadness, sadness, fear, anger.Unexpectedly close to the precipice, we experience an emotion of fear. Under the influence of this fear, we retreat to a safe zone. This situation has not in itself harmed us yet, but through our feelings it has reflected itself as threatening our self-preservation. By signaling the immediate positive or negative significance of various phenomena, emotions reflexively regulate our behavior, induce or inhibit our actions.

Emotion is a general, generalized reaction of the body to vital effects (from Lat. «emoveo» - excitement). Emotions regulate psychic activity not specifically, but through the corresponding general mental states, influencing the course of all psychic processes.The peculiarity of emotions is their integration - appearing at appropriate emotional influences, emotions capture the whole organism, combine all its functions in a corresponding generalized stereotyped behavioral act.Emotions are adaptive products of evolution - these are evolutionary-generalized ways of behavior in typical situations.It is thanks to emotions the body is extremely advantageous adapted to the surrounding conditions, because it, even without determining the form, type, mechanism and other parameters of influence, can with a saving speed to respond to it a certain emotional state, reducing it, so to say, to a common biological denominator, i.e. to determine whether this particular effect is useful or harmful to it.

Emotions arise in response to the key to satisfying certain needs features of objects. Certain biologically significant properties of objects and situations cause emotional tone of sensations. They signal when an organism encounters the desired or dangerous properties of objects. Emotions and feelings are subjective attitudes to objects and phenomena, resulting from reflection of their direct connection with actualized needs. All emotions are related and bivalent - they are either positive or negative (because the objects either satisfy or do not meet the corresponding needs). Emotions encourage stereotypical behaviors. But the characteristics of human emotions are determined by the general law of human psychic development - higher education, higher psychic functions, forming on the basis of lower functions, reconstruct them. The emotional-evaluative activity of a person is inextricably connected with his conceptual and evaluative sphere. And this sphere itself affects the emotional state of a person. Conscious, rational regulation of behavior, on the one hand, is driven by emotions, but on the other hand it is opposed to current emotions. All will actions are performed in spite of strong competing emotions. Man acts, overcoming pain, thirst, hunger and all kinds of attractions.

However, the lower the level of conscious regulation, the greater the freedom of emotional impulsive action. These actions have no conscious motivation, the goals of these actions are not formed by consciousness, but are uniquely predetermined by the nature of the impact itself (for example, impulsive detachment from the subject falling on us).

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

In conscious actions, emotions provide their energy potential and reinforce the direction of action whose effectiveness is most likely. Allowing greater freedom of conscious choice of goals, emotions determine the main directions of human activity.

Positive emotions, constantly combined with the satisfaction of needs, are themselves an urgent need. Man tends to positive emotions. Emotional deprivation disorganizes the human psyche, and long-term deprivation of positive emotional Childhood exposure can lead to negative personality deformities.

By substituting for need, emotions themselves are in many cases a motivating factor.

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

Feelings are about meeting socially constructed needs. A sense of duty, love, companionship, shame, curiosity, etc. is formed in a person as he or she becomes involved in social relations, i.e. as the individual becomes a person. Experiencing one or another of the feelings, a person deals with historically developed moral and aesthetic concepts («good», «evil», «justice», «beautiful», «ugly», etc.),

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

The fact that emotions are closely related to life processes indicates the natural origin of at least the simplest emotions. In all cases when the life of a living being is frozen, partially or completely lost, we first find that its external, emotional manifestations have disappeared. The skin, temporarily deprived of blood supply, ceases to be sensitive; the physically ill person becomes apathetic, indifferent to what is happening around him, t. e. insensitive. He loses the ability to respond emotionally to external influences in the same way as in the normal course of 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 clusters of nerve cells located under the cerebral cortex, in close proximity to its center, which controls the basic organic processes: blood circulation, digestion, internal secretion glands. Hence the close connection of emotions both with the human consciousness and with the states of his body.

Bearing in mind 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 natural scientist drew attention to the fact that pleasure and displeasure, joy, fear, anger, sadness are expressed in about the same way in both humans and humanoid apes. Mr. Darwin was interested in the life meaning of those changes in the body that accompany those emotions. Darwin made the following conclusions about the nature and role of emotion in life.

• 1. Internal (organic) and external (motor) expressions of emotions play an important adaptive role in human life. They set him up for certain actions, and it is also a signal to him as to how the other living being is set up and what he intends to do.

• 2. Once upon a time in the evolution of living beings, the organic and motor reactions they have at present were components of full-fledged practical adaptive action. Subsequently, their external components were reduced, but their vital functions remained the same. For example, a man or animal in anger bares his teeth, strains his muscles, аs 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.