**Biological and psychological significance of em otions**

Emotions are human experiences accompanied by feelings of pleasantness and unpleasantness, 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 finding ourselves near a precipice, we experience the emotion of fear. Under the influence of this fear, we retreat to a safe zone. The situation itself has not yet harmed us, but through our feeling it has been reflected as threatening our self-preservation. By signalling the immediate positive or negative meaning of various phenomena, emotions reflexively regulate our behaviour, stimulate or inhibit our actions.

Emotion is a generalised, generalised reaction of the organism to vital influences (from Latin "emoveo" - to wave).

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

The peculiarity of emotions is their integration - arising at appropriate emotiogenic influences, emotions capture the whole organism, unite all its functions in the corresponding generalised stereotyped behavioural act.

Emotions are an adaptive product of evolution - they are evolutionarily generalised ways of behaviour in typical situations.

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

Emotions arise in response to features of objects that are key to satisfying a particular need. Certain biologically significant properties of objects and situations cause an emotional tone of sensations. They signal an organism's encounter with a sought-after or dangerous property of objects. Emotions and feelings are subjective attitudes to objects and phenomena arising as a result of reflection of their direct connection with actualised needs.

All emotions are object-related and bivalent - they are either positive or negative (because objects either satisfy or do not satisfy the corresponding needs). Emotions induce stereotypical forms of behaviour. However, peculiarities of human emotions are determined by the general law of human mental development - higher formations, higher mental functions, being formed on the basis of lower functions, rearrange them.