**Biological and psychological significance of emotions**

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 close to a precipice, we experience the emotion of fear. Under the influence of this fear we withdraw 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. Signaling the immediate positive or negative meaning of various phenomena, emotions reflexively regulate our behavior, encourage or inhibit our actions.

Emotion is a generalized, generalized 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 under appropriate emotiogenic influences, emotions capture the whole organism, unite all its functions in a corresponding generalized stereotyped behavioral act.

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

It is due to emotions that an organism turns out to be extremely favorably adapted to the surrounding conditions, as it, even without determining the form, type, mechanism and other parameters of the impact, 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. 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 certain 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 actualized 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 prompt stereotyped forms of behavior. However, the 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, reorganize them. Emotional-evaluative activity of a human being is inseparably connected with his conceptual-evaluative sphere. And this sphere itself influences a person's emotional state.

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

However, the lower the level of conscious regulation, the more freedom is given to emotional-impulsive actions. These actions have no conscious motivation, the goals of these actions are also not formed by consciousness, but are unambiguously predetermined by the nature of the impact itself (for example, impulsive detachment from an object falling on us).

Emotions dominate where there is insufficient conscious regulation of behavior: when there is a deficit of information for the conscious construction of actions, when the fund of conscious ways of behavior is insufficient. But this does not mean that the more conscious an action is, the less important emotions are. Even thinking actions are organized on an emotional basis.

In conscious actions emotions provide their energetic potential and strengthen the direction of action, the effectiveness of which is most probable. 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, themselves become an urgent need. A person strives for positive emotions. Deprivation of emotional influences disorganizes the human psyche, and the long-term deprivation of positive emotional influences in childhood can lead to negative deformations of personality.

Substituting needs, emotions themselves are in many cases an inducement to action, a factor of motivation.

There is a distinction between lower emotions, connected with unconditional reflex activity, based on instincts and being their expression (emotions of hunger, thirst, fear, egoism, etc.), and higher, truly human emotions - feelings.

Feelings are connected with the satisfaction of socially developed needs. Feelings of duty, love, companionship, shame, curiosity, etc. are formed in a person as he or she is included in social ties, i.e. as the individual becomes a person. Experiencing these or those feelings, a person operates with historically developed moral and aesthetic concepts ("good", "evil", "justice", "beautiful", "ugly", etc.),

Thus, feelings are connected with the second signaling system to a greater extent than emotions. Emotions are situationally conditioned, feelings can be long-lasting and stable. The most stable feelings are properties of personality (honesty, humanity, etc.).

The fact of close connection of emotions with life processes points to the natural origin of at least the simplest emotions. In all those cases when the life of a living being comes to a standstill, is partially or completely lost, we first of all find that its external, emotional manifestations have disappeared. An area of the skin, 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. He loses the ability to respond emotionally to external influences 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 main organic processes: blood circulation, digestion, glands of internal secretion. Hence the close connection of emotions both with human consciousness and with the states of his organism.

Keeping in mind the important vital importance of emotions, C. Darwin proposed a theory that explains the origin and purpose of those organic changes and movements that usually accompany the pronounced emotions. In it, the naturalist drew attention to the fact that pleasure and displeasure, joy, fear, anger, sadness are approximately the same way manifested in both humans and great apes. C. Darwin was interested in the vital meaning of those changes in the body that accompany the corresponding emotions. Having compared 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 fulfill an important adaptive role in human life. They tune him for certain actions and, besides, it is a signal for him about how another living being is tuned and what he intends to do.

- (2) Once upon a time in the evolution of living beings, those organic and motor reactions which they have at present were components of full-fledged, unfolded practical adaptive actions. Subsequently, their external components have been reduced, but the vital function has remained the same. For example, a person or an animal in anger grinds its teeth, tenses its muscles as if preparing for an attack, its breathing and pulse rate increase. This is a signal: a living being is ready to commit an act of aggression.

Psychology of personality

Personality psychology is the branch of psychology that studies personality and various individual processes. Emphasis is placed on trying to create a coherent picture of personality in its interrelationships with the world, life, society, and others. In addition, the dynamic aspects of mental life and individual differences are studied. Various definitions of the concept of personality: Personality - a set of social relations, realized in a variety of activities (A.N. Leontiev).

Personality - "a living person of flesh and blood", intertwined in many relations to the world; epicenter of "explosive" changes of being; being, passing into an ideal form ( S.L. Rubinstein).

Personality is a subject of life: active, responsible, capable of temporal regulation of life and resolution of life contradictions (K.A. Abulkhanova). HUMAN - a being embodying the highest stage of life development, a subject of social and historical activity.

The main directions in personality psychology: 1) Depth psychology of personality- Psychoanalysis of Z. Freud; Individual psychology of A. Adler; Humanistic psychoanalysis of E. Fromm; Psychoanalytic theory of neurotic conflicts of K. Horney; Analytical theory of personality of C. G. Jung; Ego-psychoanalysis of E. Erikson; Transactional analysis of E. Berne; Humanistic psychology- Humanistic theory of personality of A. Maslow; Person-centered approach of K. Rogers; Existential psychology- Dasein-analysis of L. G. Jung; Humanistic psychology- Humanistic theory of personality of A. Maslow; Person-centered approach of K. Rogers. Rogers; Existential psychology- Dasein-analysis by L. Binswanger and M. Boss; American school of existential psychology - I. Yalom, R. May, J. Bugental; Logotherapy by V. Frankl; Existential analysis by A. Langlais; Cognitive and social-cognitive directions in personality psychology-J. Kelly's theory of personality constructs; A. Bandura's social-cognitive theory of personality; J. Rotter's social-cognitive theory of personality; Behavioral psychology; B. Skinner's theory of operant learning. Skinner; Dispositional direction in personality theory-Dispositional theory of personality G. Allport; Structural theory of personality traits R. Cattell; Psychopathology of personality; Theory of psychopathology of mental life K. Jaspers; Theory of personality accentuations K. Leongard; Pathopathology of personality. Leongard; B. V. Zeigarnik's pathopsychology of personality; P. S. Gurevich's clinical psychology of personality.

When determining the subject of personality psychology, one may encounter some difficulties, since personality is a collective concept that includes several manifestations and therefore this science is divided into several other disciplines that study different manifestations of personality. The psychology of personality is subdivided into the psychology of emotions, motivation, will and others. In general we can say that personality psychology with all its subdivisions studies emotions, feelings, thoughts, self-consciousness, GND, motives, intelligence, social roles and other manifestations of personality.