

# Emotional Feelings and Volitional Characteristics of a Person

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## Abstract

The article has the opportunity to give a certain idea through the concepts of emotion and perception, memory, imagination and thinking, as an important aspect of a person's emotional feelings and volitional qualities.

**Keywords:** The word feeling, emotion, emotional tone, sthenic feeling, asthenic feeling, affect, mood, stress, mood, practical feeling, intellectual feeling, aesthetic feeling, spiritual feeling, high feeling, contribution.

## INTRODUCTION

In the process of perceiving, remembering, imagining and thinking, a person not only learns about reality, but also reacts to one or another thing in life, feels positive or negative about them. Feelings like happiness, sadness, and anger are manifestations. Emotions are the internal attitude of a person that expresses a different opinion about what is happening in his life, what he is learning or what he is doing. Emotions are mental processes that change over time. Different forms of experiencing emotions - emotion, affect, mood, strong excitement, stress, passion. Feelings make up the emotional sphere of a person.

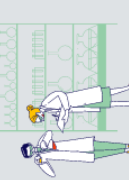
A person's feelings appear as a sign of how the process of satisfying his needs is going. Like all mental processes, emotional states and feelings are the result of brain activity. Emergence of emotion begins with changes in the external world. These changes lead to the revitalization or decline of a person's life and activity, to the appearance or disappearance of the same needs, to changes in the processes occurring in the human body. Physiological processes related to the passage of emotions are also related to complex unconditioned and conditioned reflexes.

The words "feeling", "emotion" and "feeling" are often used as synonyms. In a narrower sense, it consists of a direct and temporary experience of some somewhat more permanent emotions. The word "emotion" means mental excitement, mental characterization.

Emotions are divided into sthenic and asthenic types. Sthenic feelings stimulate a person, and asthenic feelings weaken his activity.

A feeling that overwhelms a person quickly and violently is called an affect emotional explosion. At this time, a person cannot work with his mind, he cannot control himself, control decreases sharply, his will does not obey himself.

Moods are stable feelings that are not very strong, but last for a long time. The mood is joyful or sad, refreshing or lethargic it takes the form of being excited or sad, serious or lighthearted, funny or gentle.



Stress is a process of strong emotional tension. Emotional stress occurs in situations where a person is upset, ashamed, or in danger. Passions are stable deep and strong feelings that determine the direction of human actions. For example, a passion for painting, music, and quail wrestling.

Animals also have feelings. But human feelings are fundamentally different from those of animals in terms of their meaning and nature. For example, disgust, pride, envy, joy, boredom, respect, and a sense of duty are unique to humans.

Intellectual mental emotions include curiosity, surprise, doubt, astonishment, confidence. All this has a positive character and encourages a person to know, learn, and work with passion.

Spiritual feelings include feelings such as friendship, love for the country, humanitarianism, sympathy, loyalty, shame, and love of work. Our moral maturity and upbringing are determined by these feelings.

Aesthetic feelings include our pleasure, joy, and enjoyment of beautiful, beautiful, pleasant things. The source of these feelings can be beautiful nature, art, literature, beautiful life.

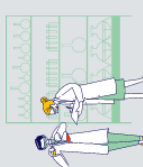
We experience intellectual, spiritual, aesthetic feelings in the process of activity and behavior. We call them high emotions because they represent the richness of all emotional relationships with reality. Will is an important feature unique to a person, and it is manifested in various activities of a person. Will is an important aspect of human activity.

A person not only learns and learns the world around him with the help of his senses and perceptions, but also changes it according to his needs and requirements. With the help of his intelligence, he determines when, where and how much effort is needed to achieve the necessary result, how to organize work activities. In many cases, only as a result of complex actions, the appropriate achievement is achieved. During such an action, he has to overcome objective and subjective difficulties.

A person needs the will to generate energy and maintain it as long as energy is needed. Will is such an area of the human mind, through which a person actively engages in his work and coordinates it. Thanks to the will, a person can perform appropriate actions on his own initiative, based on conscious necessity, in a pre-planned direction and with a predetermined effort. In addition, a person can properly organize his mental activity and direct it to a certain content. A person may try not to reveal his emotional state, not to make it known externally, and sometimes he may express completely opposite situations externally. So, the will, on the one hand, directs human behavior or prevents it from some action, and on the other hand, it organizes the mental activity of a person based on existing tasks and requirements.

Volitional actions of a person do not consist only of fulfilling the goals and various tasks. Perhaps voluntary action has its own characteristics. This means that a person subordinates other motivations of behavior that are not so important to him to the goals that are in front of him and are of great importance to him.

Will requires a person to consciously control his actions, to realize a number of aspirations and desires. Volitional action is one in which a person exercises self-control, self-control, control over his emotions, and suppresses them when necessary. . Manifestation of the will is a person's activity associated with the participation of the mind in actions.



Volitional activity requires a number of actions that are widely understood by a person and require voluntary effort in terms of the nature of the implementation of mental processes.

Volitional activity is often associated with coming to decisions that determine a person's life path and show his social image. This shows a sense of duty, a clear understanding of one's duty to the country and the people.

Voluntary activity is carried out as a result of various actions. Movements are caused by the activity of the bone-muscle system. It is known that a person has more than 600 large and small muscles that create various movements. The movements of these muscles are formed not separately, but due to their joint activity. A group of muscles is definitely involved in any movement of a person. There is a special area in the cerebral hemispheres that controls movements. From here, nerve fibers go to all parts of our body. This center works in a feedback mode and directs and regulates our actions. If Bordiu's action center is out of order, the actions of a person are not in harmony with each other, they go out of the way, and the person cannot perform the actions he wants to do properly. This can be seen in the behavior of a person who has consumed alcohol.

As a neuro-physiological mechanism of will, it is also possible to show the activity of the cerebral hemispheres, which consists in the formation of conditioned reflexes.

So, the mechanism of voluntary actions is the activity of the movement center in the brain, the activity of the bone-muscle system, conditioned reflexes and the second signal system. The initial starting point of voluntary actions is the creation of the purpose of the action and the setting of this purpose. Purpose means that a person imagines the actions that he finds necessary and necessary at this moment.

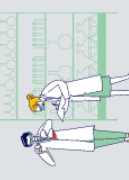
Imagining a goal usually depends on the desire to achieve this goal, to realize a desire. For example, when a person finds himself in a difficult situation, he aims to get out of this situation. A person sets goals such as changing this situation to a certain extent, putting an end to something.

Setting the goal of the action is determined depending on the duties of a person related to work, profession, and duties in marriage. A person's role in society and the community is an important factor that affects goal setting.

The needs that arise in a person cannot be formed immediately in the form of clearly imagined goals. The desires and aspirations of the day can be understood and imagined in different ways. For example, needs and aspirations are sometimes expressed in the form of desires. Desire is a state in which a person feels that something is missing, that he wants something, but he cannot well imagine what it is. Tilak is the stage of aspiration in which a person understands the goal of action, but does not yet understand the ways and means of achieving it.

The need will continue to grow. As a result, in addition to the goals of his pursuit, his ways, methods and means are gradually becoming understood. This fully realized stage of desire is called desire.

Everything that determines the desirability and desirability of the goal and the ways to achieve it are called motives of action. The answer to the question of why a person sets the same goal and not another goal, and what is the reason for working with the same means and not with



other ways and means to achieve this goal, is called a motive. The process of choosing goals, ways and means of achieving them sometimes has the character of an internal struggle. In this struggle, several motives with different powers and charms come to the fore. This process is called the struggle of motives. The struggle of motives often consists of a struggle between thinking and feeling. In addition, it can be manifested in the form of a struggle between the sense of duty and some other personal feeling related to it.

The process of choosing ways and means of achieving a goal, planning is connected with the struggle of motives and ends with a decision. Coming to a decision means choosing a specific goal and one of the methods of action to achieve this goal. The speed of quick decision-making depends on a number of reasons, including need, decisive motive force, situation, emotion, level of development of thinking and imagination, life experience and knowledge of a person, outlook, temperament and character, advice, orders, suggestions of other people. depends. In addition, it depends on the importance of the goal, the nature of the activity leading to a decision.

Determination is manifested not only in quickly coming to a decision, but also in quickly and boldly executing the decision. Coming to a decision quickly and making it on time is a demonstration of determination.

A decision can be firm or loose. A decision that is made once and cannot be changed later and is necessarily followed for a certain period of time is called a firm and strong decision. If a decision is made, then it is changed, or replaced by another new decision, or if it is completely canceled, such a decision is called a void decision. Coming to a firm and firm decision is a positive feature of the will.

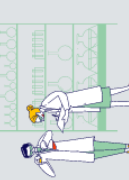
The decision is taken to take appropriate measures and act. The transition from decision to action is called execution of the decision. The most important and basic stage of the will is the execution of the decision.

Usually voluntary actions are of two types: physical and mental. Physical activities include various labor operations, games and sports activities, etc. Mental activities include solving problems, writing works, preparing lessons, conducting scientific research. Actions that have been repeated for a long time and have become skills and abilities are complex volitional actions.

Execution of the decision is usually related to a certain time and period. If the decision is executed without delay and within the specified period, this indicates the positive quality of the will.

But the decision is not always implemented, and in some cases it is not implemented on time. Decisions whose execution is suspended or not executed at all are called intentions.

In a number of cases, decision-making is associated with internal pressure of a serious nature, which is necessary to overcome the influence of other strong needs. Such a process associated with overcoming resistance is called voluntary effort. Volitional effort is expressed in the special tension of the mind, first of all, of the neuro-muscular apparatus and is manifested in the external changes of the organism. In addition, it is necessary to spend more effort to force.



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Volitional effort and volitional movement are manifested in overcoming obstacles on the way to achieving a goal. Fences can be of two types: internal and external fences.

The next stage of the will is to evaluate the performance. Evaluation consists of approving, justifying or condemning the work done. This assessment is expressed in special emotional experiences caused by satisfaction or dissatisfaction with the decision made or actions performed.

So, will is a unique mental process unique to man. It is manifested in the conscious actions of a person. Only because of the will, we overcome various resistances and achieve our goal. The will has a very complex structure. It includes many steps.