



MAIN TYPES OF EMOTIONS AND THEIR CLASSIFICATION

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Annotation: *The article reveals the various approaches that exist in science to the nature and essence of emotions, the principles and functions of emotions, the features of the manifestation of emotions in younger students from the point of view of psychology and pedagogy.*

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Emotions are a special class of subjective psychological states that reflect, in the form of immediate pleasant or unpleasant experiences, the process and results of practical activities aimed at meeting the actual needs of a person. Since all human activity and life ultimately serve the purpose of satisfying his various needs, any manifestations of human activity are accompanied by emotional experiences.

The main emotional states that a person experiences are divided into emotions proper, feelings and affects. Emotions and feelings anticipate the process aimed at meeting the needs, have an ideational character and are, as it were, at the beginning of it. Emotions and feelings express the meaning of the situation for a person from the point of view of the current need at the moment, the significance of the upcoming action or activity for its satisfaction. Emotions can be triggered by both real and imagined situations. They, like feelings, are perceived by a person as his own inner experiences, communicate, i.e. transferred to other people, empathize. If emotions, even despite the high level of their flow, are usually short-lived, short-term, can easily arise and disappear, then feelings have a long-term, and most importantly, objective character, that is, they are directed to real objects and circumstances of a person's life. It can be a loved one, a book, a film, a place of residence, a picture, a piece of music, that is, the range of objects to which a person's feelings can be directed is unusually wide.

Affects are especially pronounced emotional states, accompanied by visible changes in the behavior of the person who experiences them. An affect is a strong, negative, emotional process and an emotional state corresponding to it, which, as a rule, have a discharge in action. In the event of an affect, the human psyche acts according to the so-called "emergency" option, throwing up those behaviors that would be unlikely or impossible in a normal state. The affect does not precede behavior, but, as it were, is shifted to its end, determining the nature of the action itself in the state of affect. The ability to regulate behavior in affective states is significantly reduced, and sometimes simply impossible. Passion is another type of complex, qualitatively peculiar and found only in humans emotional states.

Passion is a fusion of emotions, motives, and feelings centered around a particular activity, object, or person. A very strong passion for collecting something is a vivid, typical example of passion that crowds out other interests and life events. Passionate passion for the computer, characteristic of today's youth, which is described in the manual on computer and gaming addiction.

Another form of manifestation of emotions is mood. Mood is a fairly long emotional process of moderate or low intensity, which forms an emotional background for ongoing mental processes.



Against the general background of a flowing mood, for example, a bad one in the form of sadness, one-time positive emotions may well arise, but the general mood may not change at all. Moods are usually distinguished from affects, feelings and emotions.

The above division of emotions by type does not exhaust their psychological content. Much more important is the division of emotions according to the types of their psychological orientation. There are several principles for such a division, but we would like to present in the manual one of the points of view, the author of which is the domestic psychologist Boris Ignatievich Dodonov. Under the general emotional orientation, he understood such an emotional characteristic of the personality, which manifests itself in the value attitude to certain types of emotional experiences, the desire of the personality for these experiences. The emotional orientation always expresses readiness, a predisposition to experience certain emotions, a psychological attitude to such experiences is clearly manifested. Moreover, the formation of emotional orientation is an important component of the process of mental development. This division is one of the most representatives in terms of the variety of types of emotions. B.I. Dodonov distinguished ten types of emotions.

1. Altruistic emotions. These experiences arise on the basis of the need for assistance, help, and patronage of other people. People can experience altruistic emotions without really helping others, but only by identifying themselves in their imagination with one or another noble hero. The main characteristics of altruistic emotions include:

- Desire to bring joy and happiness to others.
- Feeling of concern for the fate of someone, care.
- Empathy for the good fortune and joy of the other .
- Feeling of tenderness and tenderness.
- Feeling of devotion.
- Feeling of participation, pity.

2. Communicative emotions. These emotions arise on the basis of the need for communication.

In the process of communication, any emotions can arise; communicative are only those that arise as a reaction to the satisfaction or dissatisfaction of the desire for emotional intimacy (to have a friend, comrade-in-arms, buddy, sympathetic interlocutor, etc.).

3. Gloric emotions (from Latin gloria - glory). These emotions are associated with the need for self-affirmation and fame. A typical emotional situation for them is when a person is the center of everyone's attention, an object of praise and admiration. Very often, the concept of "star disease" is associated with such emotions.

4. Praxic emotions. The term " praxic feelings" was introduced by P. M. Yakobson, who proposed to name the experiences caused by any type of activity, most often labor and educational, their change in the course of work, its success or failure , difficulties or obstacles to its implementation and completion.

In the composition of praxic feelings P. M. Yakobson included such emotions as aesthetic, intellectual and others, only painted in " praxic tones". B.I. Dodonov highlights praxic emotions in their purest form.

5. Pugnic emotions (from lat. pugna - fight) are emotions arising from the need to overcome danger, on the basis of which later there is an interest in struggle, rivalry, competition in any of



the fields of activity or profession.

6. Romantic emotions are emotions caused by something extraordinary, unusual, mysterious. Romanticism refers to the desire for everything extraordinary, unusual, mysterious.

A typical romantic emotion is a sense of mystery. It appears in connection not with any mystery, but only where a person feels the action of a mysterious factor, especially when a conscious will, spirituality is attributed to it. The feeling of the mysterious almost always includes the expectation that something is about to happen that will have a decisive influence on my fate (or the fate of the person I "root for"). Where there is no such expectation (at least subconscious), there is no sense of mystery.

7. Gnostic emotions (from Greek, gnosis - knowledge) - emotions associated with the need for "cognitive harmony", which consists in finding the familiar, familiar, understandable in the new, unknown, out of the ordinary, thus bringing the whole cash, information to one "common denominator". The typical emotional situation that arouses gnostic emotion is the problem situation.

8. Aesthetic emotions - emotions caused by the perception of works of art, views of nature, harmony, symmetry, perspective, beautiful proportion, etc.

9. Hedonistic emotions - emotions associated with the satisfaction of the need for bodily and spiritual comfort.

10. Akizitive emotions (from the French acquisition - acquisition) - emotions that arise in connection with the interest in the accumulation, "collection" of things that go beyond the practical need for them.

In accordance with the above classification of emotions, B.I. Dodonov distinguished ten types of general emotional orientation of a person: 1) altruistic, 2) communicative, 3) gloric , 4) praxic , 5) pugnic , 6) romantic, 7) gnostic, 8) aesthetic, 9) hedonistic, 10) akizitivny orientation.

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