

WAYS OF MANAGING EMOTIONAL STATE

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Abstract: This article examines the varieties of emotional states and, based on this, several ways to manage emotional states are given.

Keywords: emotions, emotional states, ways of management.

Everything that happens around us often causes different emotions, whether it is confidence or fear, joy or sadness. However, a person's emotions do not always have a positive effect on him; his condition and behavior, there are situations in which a person cannot even control his actions, which can lead to various kinds of consequences. But to avoid various unpleasant situations, many ways to manage emotions, many options for controlling behavior, training, and factors have been invented.

What are emotions? Emotions are states of the psyche that are characteristic for everyone, leaving an imprint on life, activity, behavior, actions and a person[1]. Emotional states generally determine the external side of human behavior and its mental activity. Human emotions are related to social conditions of existence and have a personal character. Emotions are subjective experiences that give a signal about the well-being or unfavorable state of the body and psyche.

All manifestations of sufficiently active activity are accompanied by emotional experiences. In humans, the main function of emotions is that thanks to emotions, we better understand each other without using speech, we can judge each other's states and better tune in to communicate and work together. A good example is the fact that people from different cultures are able to accurately perceive and evaluate human facial expressions. They can identify emotions such as anger, joy, fear, sadness, surprise, and disgust. This applies in particular to those peoples who have never had any contact with each other.

Emotions are a special class of subjective psychological states that are reflected in the form of direct experiences, feelings of unpleasant and pleasant, a person's relationship to the world and people, the process and results of his practical activities. Emotions include moods, feelings, affects, passions and stresses. These are so-called "pure" emotions. They are included in all states and mental processes of a person.

Mood is the most general emotional state that covers a person for a certain period of time and has a strong influence on his psyche, behavior and activities.

The mood arises gradually, slowly, but it happens that it covers a person suddenly and quickly. The mood can be positive or negative, stable or temporary.

When the mood is positive, it makes a person cheerful, full of energy and active. Every business in a good mood goes well, everything turns out, the products of such activities are of high quality. In a bad mood, everything literally falls out of hand, the work is sluggish, reluctant, mistakes are made, and the products are of poor quality.

Any mood has its source, its cause, although sometimes it may seem that it arises by itself. The reason for the mood can be the status of a person in society, the results of his activities, events in his personal life, health conditions, etc. The mood experienced by one person, like a virus, can be given to other people[2].

Affect is a fairly rapid and rapidly occurring short-term emotional state that negatively affects the behavior and psyche of a person. If the mood is a relatively calm emotional state, then affect is an emotional squall that suddenly flew and destroyed the normal state of mind of a person.

In a state of affect, a person is not able to adequately manage their behavior. A person in this state sometimes performs actions that later have to be regretted. It is impossible to get rid of the affect or slow it down. However, the state of affect does not absolve a person from responsibility for the actions they have committed.

Stress is an emotional state that occurs in a person under the influence of an extreme situation associated with a danger to life or activity that requires a lot of stress. Stress, like affect, has the same strong and short-term emotional experience.

However, first, stress occurs only when there is an extreme situation, whereas affect often occurs for any reason. Secondly, affect disrupts the normal state of the human psyche and behavior, while stress not only disrupts, but also attracts the protective forces of the organization to get out of an extreme situation.

Stress states affect people's behavior in different ways. Some are helpless under the influence of stress and cannot resist stressful influences, and some, on the contrary, are stress-resistant individuals and very well manifest themselves in moments of danger and during activities that require effort.

Frustration is a deeply experienced emotional state that occurs under the influence of failures that occurred at a high level of personal requirements. Frustration can manifest itself in the form of such negative experiences as: annoyance, anger, apathy, etc.

There are two ways to get out of frustration. Either a person develops in his activity and achieves success in a particular endeavor, or lowers the level of requirements and is satisfied with what he can achieve as much as possible.

Passion is a deep, intense and very stable emotional state that engages a person completely and determines all his intentions, goals and actions. Passion can be caused by the satisfaction of material and spiritual needs. The objects of passion can be various kinds of things: phenomena, objects, people, which a person seeks to own.

In order to learn how to manage emotions, which are not aimed at a hopeless struggle with negative manifestations of emotional extremes, but at creating life conditions that allow you not to bring your body to extreme emotional states, you need to learn how to manage the extensive component of general emotionality-emotionogenic situations.

The first method is the distribution of emotions: it consists in expanding the range of emotionogenic situations, which leads to a decrease in the concentration of emotions in each of them.

The need for the distribution of emotions occurs when a large number of human experiences. The inability to distribute emotions can lead to a significant

deterioration in health. So, Ya. Reykovsky cited data from the study of the features of the emotional state of people who have suffered a heart attack. They were asked to recall negative events that preceded the illness. It turned out that patients two months after a heart attack remembered much less negative events than healthy people. But the duration and intensity of the impact of stressful experiences about such events were much higher in patients; they were much more likely to complain about feelings of guilt or hostility and difficulty controlling their feelings.

The distribution of emotions occurs as a result of increasing the information received and the circle of communication. Information about new objects for the individual is necessary for the formation of new interests that turn ordinary situations into emotional ones. Expanding the circle of communication performs the same function, because new social and psychological contacts allow a person to find a wider area of expression of their feelings.

The second method – concentration-is needed in situations where the conditions of activity require full concentration of emotions on something specific that is crucial at a certain point in life. In this case, the person meaningfully excludes a number of emotional situations from the sphere of their activity in order to increase the concentration of emotions in those situations that are more significant for them. Different everyday methods of concentrating emotions can also be used. For example, the famous film director N. Mikhalkov, in order to direct all efforts to work on the idea of a new film, shaved off his hair and thereby lost the emotional incentive to appear in public once again. The most common method of concentrating emotions is to reduce information from familiar sources and exclude favorable conditions for activity in those situations that contribute to the «dispersion» of emotions.

The third method - switching-is associated with the transfer of experiences from emotional situations to neutral ones. With malignant emotions (anger, rage, aggression), you need to temporarily replace real situations with fictional or socially insignificant ones. If qualitative emotions (primarily interests) are focused on trifles, then it is necessary to switch to situations of great social and cultural

significance. Using these methods of managing emotions requires some effort, ingenuity, and imagination. The search for certain techniques depends on the personality itself and the level of its maturity.

Thus, if a person learns to positively influence their basic life principles, to ensure that they are not controlled by emotions, but rather by emotions, people will become more balanced and will respond more easily to various stressful situations. You should know that we are able to consciously influence certain processes occurring in the body, i.e. we have the ability to autoregulate.

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