

## TYPES AND BASIC FUNCTIONS OF EMOTIONS

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### ABSTRACT:

**This article is devoted to the study of types and basic functions of emotions. In this article 6 types of emotions: anger, fear, disgust, surprise, joy, (happiness, fun), sadness and 5 types of emotions: regulation/control function of emotion, social interaction function of emotion, motivation-function of emotion, information-function of emotion and emotional expression function of emotions have learnt and analyzed.**

**KEY WORDS: emotion, human life, facial expressions, gesture, exclamations and sounds.**

### INTRODUCTION:

Under the emotional expressions, 6 types of emotions are mainly distinguished:

1. Anger. 2. Fear. 3. Disgust. 4. Surprise. 5. Joy (happiness, fun) 6. Sadness.

Anger type of emotion is a feeling that occurs when a person tries to get other people to do what he wants to do through intimidation.

But anger is destructive to relationships and our own psychological health. However, thanks to anger, we unconsciously feel our power. Managing feelings of anger is very difficult. Anger in a person is expressed in the fact that the face turns red or burns, veins on the forehead and neck are inflated. When a person is angry, their muscles are tense and they may feel irritated. The mouth and teeth are tightly clenched. The person feels his strength and wants to strike. He is ready for instant action.

The stronger the anger, the more powerful and energetic the person feels.

Anger is a source of psychological strength that is needed in a number of life situations.

Fear is an emotion of great strength that has a noticeable impact on a person's thinking and behavior. It indicates the danger to be avoided. All people are afraid. Both the child and the adult have fear. The causes of fear are events or situations that signal danger. Fear is expressed in a person in different ways: horror, intimidation, panic or anxiety.

With fear, a person feels threatened, insecure, and completely insecure. A sense of danger appears. Thus, fear is the most dangerous of all emotions. Intense fear even leads to death. But fear is not only evil. It can serve as a warning signal and can change human behavior.

Disgust is a negative emotional state. In some ways, disgust is closely related to anger. But it is not as dangerous as anger. Feelings of disgust are similar to those of nausea and bad taste. The expression "disgust" means something disgusting in taste. A person strives to move away from the object of disgust or to change this object in such a way that it ceases to cause disgust.

Disgust causes the desire to physically get rid of someone or something. Thus, when disgusted, a person experiences deep displeasure.

Joy is all so one of the positive emotions, the most pleasant state. Joy is of great importance in human life. It is an inner sense of contentment, pleasure, and happiness. If a

person experiences joy, then he will cope with difficulties, achieve his goals, and feel confident. Joy makes everyday life easier.

With joy, a person's eyes shine, with strong laughter, tears appear. A cheerful mood is expressed in laughter, aimless movements.

We laugh, jump back and forth, sing, dance - all these actions are for joy.

Sadness is also a negative emotional state. The concept of sadness is considered the opposite of joy "justify".

Functions of emotions in human life. In order to understand what role emotions play in our life, it is necessary to consider the basic functions of emotions.

Emotions play a crucial role in our lives because they have important functions. This module describes those functions, dividing the discussion into three areas: the intrapersonal, the interpersonal, and the social and cultural functions of emotions. The section on the intrapersonal functions of emotion describes the roles that emotions play within each of us individually; the section on the interpersonal functions of emotion describes the meanings of emotions to our relationships with others; and the section on the social and cultural functions of emotion describes the roles and meanings that emotions have to the maintenance and effective functioning of our societies and cultures at large. All in all we will see that emotions are a crucially important aspect of our psychological composition, having meaning and function to each of us individually, to our relationships with others in groups, and to our societies as a whole.

Communicative functions of emotion. There are five functions of oral communication.

1. Regulation/Control- functions to control one's behavior

Doctors' Prescription

"Take your medicine 3 times a day."

Parents' Instruction to their child

"Wash the dishes now, or else I won't allow you to go to the party later."

Friends giving advice on what to do

"Move on. He doesn't love you anymore"

2. Social Interaction - used to produce social relationships; used to develop bonds, intimacy, relations; used to express preferences, desires, needs, wants, decisions, goals, and strengths; used for giving and getting information

Encouragement.

"You can do it."

Marriage Proposal:

"Will you marry me?"

Invitation:

"Would you like some coffee, tea, or water?"

3. Motivation- functions to motivate or to encourage people to live better.

4. Information- functions to convey information. Giving information...

"Did you know that there's a secret apartment at the top of the Eiffel tower?"

5. Emotional Expression- facilitates people's expression of their feelings and emotions.

#### **APPRECIATION:**

"I'm so glad that you came into my life."

"I like you so much!

"Are you false teeth? It's because I can't smile without you."

Expressing one's ambition:

"I want to finish up my studies with good grades to be accepted in a good university."

Expressing a need:

"I need you in my life."

Expressing prayers:

"We pray for those who suffered a broken heart from their crush."

2. Signal function of emotion. We receive emotional signals from different sources, including the face, the whole body, and the natural scene. Previous research has shown the

importance of context provided by the whole body and the scene on the recognition of facial expressions. This study measured physiological responses to face-body-scene combinations. Participants freely viewed emotionally congruent and incongruent face-body and body-scene pairs whilst eye fixations, pupil-size, and electromyography (EMG) responses were recorded. Participants attended more to angry and fearful vs. happy or neutral cues, independent of the source and relatively independent from whether the face body and body scene combinations were emotionally congruent or not.

Moreover, angry faces combined with angry bodies and angry bodies viewed in aggressive social scenes elicited greatest pupil dilation. Participants' face expressions matched the valence of the stimuli but when face-body compounds were shown, the observed facial expression influenced EMG responses more than the posture. Together, our results show that the perception of emotional signals from faces, bodies and scenes depends on the natural context, but when threatening cues are presented, these threats attract attention, induce arousal, and evoke congruent facial reactions.

3. Motivational-regulating function of emotion. Because emotions prepare our bodies for immediate action, influence thoughts, and can be felt, they are important motivators of future behavior. Many of us strive to experience the feelings of satisfaction, joy, pride, or triumph in our accomplishments and achievements. At the same time, we also work very hard to avoid strong negative feelings; for example, once we have felt the emotion of disgust when drinking the spoiled milk, we generally work very hard to avoid having those feelings again (e.g., checking the expiration date on the label before buying the milk, smelling the milk before drinking it, watching if the milk curdles in one's coffee

before drinking it). Emotions, therefore, not only influence immediate actions but also serve as an important motivational basis for future behaviors.

4. Protective function of emotion. As youth grow and reach their developmental competencies, there are contextual variables that promote or hinder the process. These are frequently referred to as protective and risk factors.

The presence or absence and various combinations of protective and risk factors contribute to the mental health of youth. Identifying protective and risk factors in youth may guide the prevention and intervention strategies to pursue with them. Protective and risk factors may also influence the course mental health disorders might take if present.

A protective factor can be defined as "a characteristic at the biological, psychological, family, or community (including peers and culture) level that is associated with a lower likelihood of problem outcomes or that reduces the negative impact of a risk factor on problem outcomes."<sup>1</sup> Conversely, a risk factor can be defined as "a characteristic at the biological, psychological, family, community, or cultural level that precedes and is associated with a higher likelihood of problem outcomes."

5. Communicative function of emotion. Communication is the cornerstone of successful relationships, either professional or private, as the way to share information and agree on future actions. More than just communicating on facts, it is important to indicate emotional states to our relatives to ensure long-lasting connections, using verbal and non-verbal cues and signals. This is achieved primarily by the exchange of a set of social signals, such as facial expressions and body postures.

In modern life, the communicative signaling function is that experiences arise when changes occur in the environment or in the human body. Emotional movements of a

person - facial expressions, gestures, pantomime - perform the function of signals about the state of the system of human needs. When everything is in order in our body, we experience pleasant emotions. If any problems arise in the body, then we experience negative emotions.

The motivational - regulatory function is manifested in the fact that emotions participate in the motivation of human behavior, can direct and regulate it. With a person's inability, emotions suggest how to act, how to find a quick and reasonable way out of the current situation, and, obeying them, that is, his intuition, a person often finds the right way out of a certain situation.

Psychologists, answering the question of what role emotions play in human life, identified:

1. Communicative function
2. Signal function
3. Motivational-regulating function

This function can activate or inhibit human activity. Emotions that activate are called asthenic, and those emotions that inhibit human activity are called asthenic. The protective function lies in the fact that emotion, arising as a quick reaction of the body, can prevent and protect a person from the dangers that threaten him. This function is associated with the emergence of fear.

#### CONCLUSION:

Thus, we can conclude that emotions are mental phenomena that reflect, in the form of direct experience, pleasant or unpleasant sensations, a person's attitude to people and to himself. These are our worries, joys, despair and delight. They provide us with the ability to experience and maintain an interest in life and the environment.

Emotions and feelings play a very important role in human activity. Emotions influence his life in various ways. They are

essential for survival and well-being. Nothing expresses the essence of a person and his relationship to the environment as his feelings.

Without emotions, the world would be boring, monotonous. Emotions are part of human life. To be happy, to have fun, to love - what happiness for a person. Even negative emotions like sadness, sadness and grief are important to us. Because they form in him feelings of compassion, perseverance, as well as the ability to achieve goals and the ability to experience. Without all these emotions, we would not be fully human. The brightness and variety of emotional relationships make a person more interesting. Through experiences we learn our capabilities, abilities, strengths and weaknesses. I concluded that emotions are the root of our entire life state, communication, development and existence in this world, since we react to the world through our emotions.

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