

# HOW TO MANAGE YOUR EMOTIONS IN SOCIETY AND GET ON THE RIGHT PATH. DISORDERS ASSOCIATED WITH EMOTIONAL DISORDERS

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**Abstract:** This article reveals psychological rules that reflect the correct use of emotions in the environment and space, as well as the use of one's emotions in society. It also explores illnesses associated with emotional changes. This article also features insights from great psychologists that will help you navigate the path of truth.

**Key words:** psychology, emotion, psychosomatics, psychological illnesses, arrhythmia, eczema.

Nowadays, people often project their emotions onto others, especially married women, who often express their emotions toward their children, husbands, and parents. This has become a key factor in family separation and the increase in the number of orphans. Emotional outbursts are especially pronounced in adolescents during hormonal changes. During this time, a person needs to restrain their emotions. They are accustomed to relying on others, and therefore, the center of the brain that regulates human emotions is weak. This affects a person's health and also greatly affects the psyche, and people with emotional disorders often snap at others. However, people don't consider the influence of psychology and how it is treated. When people believe in effective medications, they buy them without hesitation. On the contrary, people who are afraid to buy them, especially those of lower status, primarily consider the price. If the price is higher, they do not buy the medicine and remain ill. This is one example of a human condition that is controlled by emotions.

“Your emotions are your superpower.”

As we grow older, the brain becomes both very powerful and terribly vulnerable, as well as very fragile. This is why people have moments of deep suspicion, situations that they immediately regret. For example, a fifteen-year-old teenager easily solves equations and complex math problems, but often cannot find his shoes. And this is one of the difficult periods of growing up: growth and chaos go hand in hand. And this is an example from psychology. When a person goes outside, he is surrounded by strangers. At this time, he directly loses control of his emotions. He immediately loses control, rages, and his emotions are incomprehensible. A person who loses control of his emotions often gets sick, his feelings for others, for the world around us become invisible, he does not see people having fun, does not see the beauty of the world.

During this time, personality development is disrupted. Personality is the sum of a person's needs and psychological traits throughout their life. Personality is formed from a cluster of individuals. An individual is a unit of personality. When a person is born, they don't immediately become a person; they first become an individual. If a person is separated from society, they won't find a place in society and become vulnerable. For example, there was a story about a two-year-old girl abandoned by her parents in the forest. She grew up in the forest with packs of wolves, and the wolves raised her as one of their own. She walked on all fours and barked like wolves. Then, scientists wandering the forest

found this girl and separated her from the pack. In the first days, she had difficulty adapting to the outside world. This girl's personality development was disrupted. She barely learned human language, and now she is one of the world's millionaires. So we see the negative impact of separation from society. Personality is formed on the basis of habits, daily activities, communication with people, and horizons. Homo sapiens is a rational person; he constantly contacts others and gives information about them. He acquires information from different parts of the body. These are called analyzers. A person has four types of analyzers: visual, auditory, olfactory, and tactile analyzers. This helps a person recognize the world and feel.

Emotions can be positive and negative.

**Positive emotions.** These are feelings that evoke pleasant experiences and contribute to a person's good mood and harmony. They help a person feel the joy of life, improved health, and relationships with other people. Positive emotions include:

1. Joy is a feeling of pleasure and happiness.
2. Love is a deep affection and warm attitude towards a loved one.
3. Calmness – a feeling of balance and security.
4. Delight is a strong joy and admiration for someone.
5. Gratitude is a feeling of appreciation for kindness, for help.
6. Tenderness is a gentle attitude towards someone.
7. Kindness is the desire to do good to others.
8. Empathy – understanding and sharing the feelings of others.
9. Satisfaction is a pleasant feeling from the result.
10. Optimism is faith in the best, a positive outlook on your life.

Positive emotions play a huge role in a person's life – they:

1. Supports mental health
  - ✓ reduce stress and anxiety;
  - ✓ help maintain balance;
2. Strengthen physical health
  - ✓ with positive emotions the body produces (happiness hormones) serotonin, dopamine, endorphin;
  - ✓ improves sleep and immunity;
3. Promotes good relationships
  - ✓ helps to be a kind and open person;
  - ✓ increases trust between people
4. Increase mental activity
  - ✓ improve memory and creativity;
5. Motivates and inspires

**Negative emotions** are feelings that cause unpleasant experiences, internal tension, and discomfort. However, they are also important because they help a person adapt to difficult situations.

**Negative emotions include:**

1. Anger – arises from injustice;
2. Sadness is a reaction to disappointment;

3. Fear is a signal of danger;
4. Grief is the experience of failure;
5. Irritation – dissatisfaction with the situation;
6. Anxiety – worry about the future;
7. Despair is a feeling of hopelessness when there is no faith in the best;
8. Envy is dissatisfaction with the fact that another has something that you do not have;
9. Guilt – regret for one's actions;
10. Disgust – strong rejection;

The role of negative emotions in psychology is significant. Despite the unpleasant sensations, negative emotions perform important functions:

1. Signal function – shows that there is a problem that needs to be solved.
2. Motivating function – encourages change in behavior (for example, fear makes one be careful).
3. Protective function – helps to avoid dangers.
4. Cognitive function – gives experience and teaches to understand oneself.

To avoid negative emotions you need to:

- ✓ talk about your feelings without keeping them to yourself;
- ✓ breathing deeply helps a person calm down;
- ✓ keep a diary – write down what you feel and why it happens;
- ✓ move – walking, sports or dancing reduce a person's stress;
- ✓ listening to music helps to express your emotions better;
- ✓ look for positive aspects even in difficult situations;

When a person gets into a bad situation, he or she experiences negative emotions. Changes in emotions can actually affect a person's health. When a person experiences strong negative emotions for a long time - stress, fear, anxiety, anger or sadness - physiological disruptions occur in the body, which can lead to the development of psychosomatic diseases. For example: stress and anxiety cause diseases such as hypertension (high blood pressure), stomach ulcers, insomnia. Sadness and depression cause a weakened immune system, heart disease, chronic fatigue, anger and irritation - heart attack, stroke, liver disease, hypertension; fear - sleep disturbance, panic attacks, arrhythmia; guilt, resentment - diseases of the stomach, intestines, skin diseases (for example, eczema); despair, apathy - depression, anorexia, mental disorders. These illnesses are caused by the dysfunctional use of one's emotions. To avoid them, one must maintain a healthy lifestyle and read a lot of books.

Words of great psychologists about emotions:

1. Sigmund Freud – “Unexpressed emotions do not die. They are buried alive and come out later – much more frighteningly...”
2. William James “We do not cry because we are sad; we are sad because we cry...”

## Conclusion

Emotions play a huge role in human life. Positive emotions—joy, love, and calm—promote health, increase vitality, and foster harmony with oneself and others. Negative emotions—fear, anger, anxiety, and sadness—are necessary for adaptation, but prolonged exposure can lead to mental and physical illness.

A person's health depends largely on their emotional state. Therefore, it's important to manage your emotions, maintain inner balance, learn to express emotions correctly, and find positivity even in difficult situations. Harmony of the soul is the key to a healthy body.

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