

Perceiving Emotions From Facial Expressions. The Role Of The Observer's Emotional Characteristics.

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Abstract: This in the article human emotions positive or considered negative possible and they congenital or other people with to live through is studied. Perception about concept and perception of the word meaning about wide illuminated.

Key words: Perception, feelings, empathy, sensitivity, emotional intuition, feeling, apperception, ability, joy, anxiety.

INTRODUCTION.

Emotion is known one from the situation enjoyment or protest feeling giving birth and crying, smiling, trembling and even face blushing Even when the body is gone reactions through manifestation to be personal experience. Human emotions positive or considered negative possible and they congenital or other people with to live through is studied.

Emotions in general spontaneously appearance will be and them management is always possible not because this in the brain one row reactions own inside But if these feelings riots brought if it comes out and personal and work to their relationship damage for example, psychotherapy using feelings how as better solution to do study methods available. Psychotherapy what that more detailed see .

From this besides, different kinds of emotions types available, each person express their feelings in different ways roads with represents, even one kind situations from the head forgives, because every person's temperament, personality and motivation operates on the basis of.

Of feelings main types. Emotion human of feeling is an expression and it is different to be possible, but some psychologists feelings while

studying new feelings brought release possible was basic emotions classified . Main main feelings:

Fear. This is any body threat or to danger attitude, this heart of the beat acceleration, fast breath to take and muscles contraction with manifestation will be. Face expressions amazement with separated stands, for example, the eye open.

Often, this kind of feelings danger barren and to phobia rotation possible was situations, things and animals it provokes, this and too much outside Fear is fear. Anxiety is also fear. brought release possible, because this person somehow bad event happened to be to anticipate take comes . Worry symptoms how that more see.

Sadness . Sadness is mainly loss cases because of appearance to be and transition to be noticed for the period inclined was emotion type. This emotion other feelings brought release possible, for example, guilt, shame, isolation, emptiness feeling and to cry, to sleep too much outside aspiration and work and from home out to leave passion loss through it seems .

Sadness deep when there is, there is nothing to be how reason no and it is permanent to a psychiatrist appeal to do necessary, because this to depression fall possible and antidepressants for this such as to oneself typical medicines application

need. Sadness from depression how separation possibility about more knowing take.

Joy. Joy is this happiness, contentment, satisfaction feeling with separated standing, prosperity creative and of the face the most clear expression is of smiles existence. Happy man gift get it, friends with to meet, at work from office rise and your family with to be such as of circumstances result to be possible.

A cheerful person may feel excited, hopeful, energetic, inspired, joyful, and able to perform better in daily activities, such as working. This feeling usually changes throughout life, meaning that a person may feel happy in certain situations, but it may change depending on how sad they are.

Disgust. Disgust is an emotion comparable to hatred or disgust, and it often occurs with certain foods and smells. People can be disgusted by different things, depending on their culture and experiences.

These types of feelings can be the body's response to certain situations, such as pregnancy, and can be the result of chemotherapy treatment, for example.

Anger. Anger is a strong emotion that can be caused by differences and disagreements between people, feelings of injustice and frustration. This emotion can be seen by frowning, and an angry person tends to speak louder and be more aggressive.

If anger is excessive, it is necessary to find the cause, as it can damage relationships between people and create conflicting situations. A psychologist is a specialist who can help a person understand why they feel this emotion so much and may recommend cognitive behavioral therapy. See

more about how cognitive behavioral therapy is done.

The consequences of emotions

Different emotions are triggered by external situations, and some reactions that manifest emotions include:

- Bellyache;
- Cry or laugh;
- Shake, especially legs;
- Blush;
- Your voice loss;

Your breath or heart Feel the beat.

A person's feelings and behavior into account received without, a person reaction with to fight learning, especially negative if. How as the following knowing take: negative emotions 4 steps to management.

Our faces express emotions through instantly recognizable expressions.

A smile indicates joy, a frown indicates sadness, and a frown indicates anger. The face signals the feelings of others our social on our radar one instantly writing to get opportunity gives.

In addition to labeling emotions, subtle micro expressions reveal true feelings that may differ from outward appearances.

Face signs are also in conversations participation to reach shows. Raised eyebrow, head shaking and eye with communication to do to the speaker our attention focus indicates .

Other someone's to imitate phrases unconscious mirror neurons through relationship and to understand installs.

Highlight It is necessary for a person to have feelings. need them deficit (positive and negative (

usually) with movies, books, sports is created .
Therefore, to express their feelings control to try to
do, to be careless not, but any vital in the situation
healthy thinking to the ability has to try to be need.

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