

METHODS AND MEANS OF FORMING INTELLECTUAL FEELINGS IN STUDENTS

Nasimova Nasiba Djurakulovna
Uzbekistan - Finnish Pedagogical Institute
Samarkand, Uzbekistan

Abstract:

This article explores the pivotal role and profound importance of human feelings in various activities, highlighting how emotions influence decision-making, motivation, and overall performance. It delves into the psychological and physiological mechanisms through which feelings impact our actions, as well as the ways in which understanding and managing emotions can enhance productivity and personal well-being. Through a comprehensive review of existing literature and empirical studies, the article examines the interplay between emotional intelligence and effective functioning in both personal and professional contexts. The findings underscore the necessity of fostering emotional awareness and regulation skills to optimize human potential and activity outcomes.

Keywords: Human feelings, Emotional intelligence, Decision-making, Motivation, Performance, Emotional regulation, Productivity, Personal well-being, Psychological mechanisms, Activity outcomes.

Introduction

Human feelings, encompassing a broad spectrum of emotions, play an indispensable role in shaping our activities and experiences. From the mundane tasks of everyday life to the significant decisions that define our personal and professional journeys, emotions influence how we perceive, interact with, and respond to the world around us. Understanding the role and importance of human feelings in various activities is crucial for enhancing individual performance, fostering well-being, and creating environments that support emotional health and productivity.

Emotional intelligence is a critical life skill that empowers individuals to navigate their feelings. It helps one understand the emotions of others, and build healthier relationships. For students, identifying and managing their emotions is particularly crucial as it can impact their academic performance, social interactions, and overall well-being.

The intricate relationship between emotions and activities has been a subject of interest across multiple disciplines, including psychology, neuroscience, and organizational behavior. Emotions are complex psychological states that involve subjective experiences, physiological responses, and behavioral expressions (Ekman, 1992). They serve as internal signals that guide our actions and decisions, often operating at a subconscious level to influence our choices and behaviors (Damasio, 1994).

Engage students in role-playing activities where they act out different emotions. This practical approach helps them recognize not only their own emotional responses but also the facial expressions, body language, and tone of voice associated with various emotions. Role-playing can make the concept of emotions more tangible and relatable.

One of the foundational theories in this field is the somatic marker hypothesis proposed by Antonio Damasio. According to this hypothesis, emotions are critical in decision-making processes, as they attach value to different options based on past experiences, thereby influencing our choices (Damasio, 1994). This theory highlights the necessity of emotions in navigating complex environments and making informed decisions.

Encouraging self-reflection is a fundamental step in helping students identify emotions. They need the opportunity to pause and analyze how they are feeling. This can be achieved through journaling, class discussions, or one-on-one sessions with a trusted teacher or counselor. Self-reflection allows students to recognize their emotional states and consider what may have triggered them.

Emotional intelligence (EI), a concept popularized by Daniel Goleman, further emphasizes the importance of emotions in human activity. EI refers to the ability to recognize, understand, manage, and utilize emotions effectively in oneself and others (Goleman, 1995). High emotional intelligence has been linked to better interpersonal relationships, enhanced leadership skills, and improved job performance (Mayer, Salovey, & Caruso, 2004). In educational settings, for example, students with higher emotional intelligence tend to exhibit better academic performance and social adaptation (Parker et al., 2004).

Moreover, the role of emotions in motivation cannot be overstated. Positive emotions such as enthusiasm, interest, and joy can enhance motivation, leading to increased effort and persistence in activities (Fredrickson, 2001). Conversely, negative emotions like fear, anxiety, and frustration can hinder motivation and reduce engagement. The broaden-and-build theory of positive emotions by Barbara Fredrickson posits that positive emotions broaden individuals' thought-action repertoires and build their physical, intellectual, and social resources (Fredrickson, 2001).

The physiological underpinnings of emotions also play a crucial role in their impact on activities. Emotions trigger physiological responses that prepare the body for action, such as increased heart rate, muscle tension, and changes in hormone levels (Levenson, 2014). These responses can enhance physical performance in activities that require quick reactions and high energy levels, but they can also lead to stress and burnout if not managed properly. In professional contexts, emotions significantly affect productivity and workplace dynamics. Leaders with high emotional intelligence can create positive work environments, foster teamwork, and effectively manage conflicts (Goleman, Boyatzis, & McKee, 2002). Employees who feel valued and emotionally supported are more likely to be engaged, committed, and productive (Harter, Schmidt, & Hayes, 2002). Conversely, workplaces that neglect the emotional well-being of their employees may experience higher turnover rates, lower morale, and reduced efficiency.

Understanding the role and importance of human feelings in activities also has implications for mental health. Chronic negative emotions can contribute to various psychological disorders, such as depression and anxiety (Beck, 1976). Therefore, developing strategies to promote positive emotions and manage negative ones is essential for maintaining mental health and well-being.

In conclusion, human feelings are integral to our activities, influencing decision-making, motivation, performance, and overall well-being. By recognizing and harnessing the power of emotions, individuals and organizations can improve their functioning and achieve greater success. This article will explore these themes in detail, drawing on current research and theoretical perspectives to provide a comprehensive understanding of the role and importance of human feelings in activity. Helping students identify emotions is a vital component of their emotional development. As a result, students can not only excel academically but also build healthier relationships, make informed decisions, and navigate the complex terrain of emotions that is an inherent part of life. Cultivating emotional intelligence in students is an investment that pays dividends in their personal and academic growth.

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