

Why educating and training of emotions

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■ **ABSTRACT**

The purpose of the study was to find out why educating and training of emotions after this study we can conclude that emotions are psychological and psychological reaction of mind. Two types are of emotions – positive and negative. When we feel emotions this is abnormal situation. Educating and training of emotions both are very important and necessary for getting following points. For good understanding the strength of emotions, for getting special solution/idea, for doing some better, for remembering and getting the aim, for giving side direction, for getting confidence, for controlling the emotions, for good conditioning and for easily facing abnormal situation.

■ **KEY WORDS** : Educating ,Training, Emotions

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Meaning and definition of emotions :

According to Kamlesh and Sangral (1988) The word 'emotion' has been originated from a Greek word Emovere which means with movement. A strong feeling deriving from one's circumstances mood or relationships with others we can also define the emotion as psychological and physiological reactions of mind.

Emotions have very strong feeling in the body :

According to Suresh Kumar emotion is a strong feeling such as love, anger, fear, etc.

Human being is a social animal. Being a social animal we have to live in the society because we have number of relationship like father, mother, son, daughter, wife, husband, sister, brother etc. but some time during expected situation we feel positive and at unexpected situation we feel negative. These feelings are emotions it is not easy to define.

According to Singh (2009) emotion is a hard term

to define because it is totally related to subject of feeling but our compeltion is to clear the emotions, so we can say that emotions are reaction of mind through body.

View of young :

According to Mangal (1975) emotions are actually disturbed states or process which originate in psychological situation and which are revealed by marked bodily changes in the glands and smooth muscles.

View of sandiford :

Emotions are in nature's response essentially chaotic in nature, involving the whole body in their expression but in particular the glandular and visceral system and their nervous connections and having intimate relationship with the preservation of the individuals and the species.

View of M C Dougall :

Emotions in fact, are the psycho-physiological reactions through instinctive organism energy expression.

According to Mangal (1975) Emotion is a 'moved' or 'stirred-up' state of an organism. It is a stirred-up state of feeling that is the way it appears to the individual himself. It is a disturbed muscular and glandular activity, which appears to an external observer.

- According to Singh (1997) Emotions are inciters to action.
- Emotion is complex feeling state accompanied by characteristic motor glandular activities.
- By emotion we mean a subjective feeling state involving physiological arousal accompanied by characteristic behaviours.

There are two types of emotions negative and positive. According to Mangal (1975) we can come to the conclusion that emotions have both positive as well as negative effects. We have lot of emotions like feelings of love, fear, anger etc.

According to Mangal (1975) there are many emotions hunger, fear, anger, wonder, creative pleasure, feeling of love, tender emotion, feeling of loneliness, elation, inferiority, amusement etc. Emotions affects everybody.

According to Jain (2005) hunger and thirst may be considered chiefly physiological although habit and mental suggestion may affect both.

Chief characteristics of emotions :

Chief characteristics of emotions are physical expression. Wide range, changes in the body, persistency, subjectivity, increases strength for action, lack of intellect, lack of equilibrium, can be trained, effect of situation and emotion is diffused and emotion is cumulative, often emotions are motivational in nature.

Objective of the study:

To find out what is the need and importance of education and training of emotions.

■ METHODOLOGY

Literary survey method was adopted for completing this research paper. Various high level literature are thoroughly studied and references are mentioned for related title.

■ OBSERVATIONS AND DISCUSSION

We can say that educating and training of emotions are very important for getting following points.

Good understanding of the strength of emotions:

When we are in emotions there is always an abnormal situation and this situation is more powerful than normal situation. We can understand by simple example, when a person runs with fear after seeing a snake. He runs very fast than in normal situation because he is in abnormal situation at that time. According to Gregory (2013) emotional experience can be qualitatively very different.

Getting special solution/idea :

If we are properly educated and trained of emotions, we will be able to find solution/idea for any abnormal situation. Emotions always depend on abnormal situations. According to Gregory (2013) Emotions follow a dependable sequence of changes overtime.

Doing some thing better :

It is a universal truth that each and every person does not have normal behaviour in abnormal situations but if we have a control on our emotions we can control our mind and our behaviour will be normal in abnormal situations.

Remembering and getting the aim :

When a person has a emotion of fear after seeing a snake then he forgets his aim. He is confused as what to do and what not do and how to done. According to Singh (1997) emotions produce adverse effects on intellectual efficiency of children. If we have a control on our emotions, we know haw to read to our emotions and we can reach our aim because we are not distracted by our emotion of fear.

Getting confidence :

A person who already has a solution/idea for any abnormal situation he is in better situation. So we can say that educating and training of emotions is very important for getting confidence in any abnormal situations.

Controlling of emotions :

Emotions have mental and physical changes in the

body. According to Singh (1997) intense emotional states produce special attitude in learners by which difficulty arises in general adjustment. Everybody feels same in abnormal situation because of emotions.

Method of controlling emotions :

Controlling emotions, not letting emotion control you:

- Know your emotions and what causes emotions where,
- Notice what was going through your mind when the emotions appeared.

Recognizing ideas that cause negative emotion :

- Change your perspective.
- Eliminate many negative core beliefs about the self.

Recognizing ideas that make negative emotions worse :

- Avoid negative ideas that come from feeling inadequate.
- Avoid negative ideas that come from fear
- Avoid negative ideas that come from other complex emotions.

Good conditioning :

Conditioning is the best position to get something new and special. It is the long life procedure but may be better because you have to hard work for being is a good condition.

Easily facing abnormal situations :

If a person is in good condition in abnormal situations he can easily face any abnormal situation than a person who has no knowledge of emotions.

Conclusion :

After this study we can conclude that emotions are psychological and physiological reaction of mind. Two types are of emotions, positive and negative. When we feel emotions this is abnormal situation. Educating and training of emotions both are very important and necessary for getting following points.

- Good understanding the strength of emotions.
- Getting special solution/Idea.
- Doing some they better.
- Remembering and getting the aim.
- Giving side direction.
- Getting confidence.

- Controlling the emotions.
- Good conditioning and
- Easily facing abnormal situation.

Suggestion :

- Emotions must be given directions instead of repressing.
- Emotions must be trained instead of damaging than.

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