

Attention and its Functions in the Life and Activities of the Person

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Abstract: attention in the life and activity of a person performs many different functions. The author of the article turned his attention to the organic basis, which is the structures of the brain, undoubtedly ensuring the functioning of attention.

Keywords: attention, concentration, voluntary, involuntary, passivity, volume, switching, absent-mindedness, stability of attention.

It is well known that a person is constantly under the influence of a lot of different stimuli. Human consciousness is not able to simultaneously grasp all objects with sufficient clarity. Something is in the field of clear consciousness, something is not quite clearly realized, something is very vague, and much is not noticed at all. From the mass of surrounding objects, i.e. from objects and phenomena, a person selects those that are of interest to him, correspond to his needs, life plans. Any activity, any work of a person requires him to select an object and concentrate on it.

Thus, attention is the focus of consciousness on certain objects or a certain activity while ignoring everything else.

The activity of a person is expressed by the ability to direct and focus one's attention. Attention is a feature of a person's mental life; it is formed in the process of work activity. The condition for the emergence of attention is, as noted above, the selection of an object, concentration on it and distraction from extraneous stimuli. Here, objects can be objects of the external world, to which the act of cognition is directed, as well as objects of the internal world: thoughts, experiences, analysis of actions and deeds.

In our opinion, it is appropriate to provide some information about the physiological basis of attention. The physical mechanism of attention is complex. It is considered in psychology as a filter located at different levels of the nervous system. This filter is the reticular pharmacy - automatically and functionally isolated nervous tissue located in the subcortical areas. It inhibits some impulses and amplifies others, sending them to the cortex, the zone of clear consciousness.

Externally, attention is expressed in a specific pose, special facial expressions that can be easily observed and by which one can judge how attentive a person is. The pose of attention is characterized

by inhibition of movements, the focus of the senses on the object. With facial expressions of concentration in the world of one's thoughts, there is a separation of the axes of the eyes (the person has an absent gaze).

Attentiveness is an important personality trait. An attentive person is distinguished by his observation skills, he perceives others more fully and accurately, teaches and works much more successfully than a person who does not have this very important personality trait. A person's attentiveness is also manifested as a moral trait of personality, as an expression of habitual forms of behavior in relation to other people - sensitivity, responsiveness. Having shown attention to others once or twice, a person will not be able to be indifferent the next time. This is how sensitivity, responsiveness are formed, and interest in the lives of other people is shown.

Attention can be involuntary, i.e. unintentional, and voluntary - intentional. When presenting material, giving a lecture, a teacher can arouse involuntary attention, and expressive speech attracts attention with its form.

Involuntary attention arises for two reasons: due to external causes, i.e. the characteristics of the stimuli acting on us and due to internal motivations, personality orientation. The characteristics of stimuli acting on a person include:

- the strength and unexpectedness of the stimulus (a loud sound, a bright flash of light, a strong smell) will always attract attention;
- novelty, unusualness, contrast (a new brand of car on the street);
- the mobility of the object (jumping advertising).

Involuntary attention also arises depending on the state of the person himself, and it is associated with his mood, experiences, needs, interests. The correspondence of the stimulus to the internal state of the person, his needs is also important. For example, a hungry person will involuntarily pay attention to the smell of food. Voluntary attention is called active or passive. This type of attention is a conscious, regulated concentration on an object, which is caused by the conditions of the activity.

An important condition for maintaining attention is the mental state of a person. It is very difficult for a tired person to concentrate. Emotional excitement, which is caused by extraneous reasons, for example, preoccupation with other thoughts, a painful condition, significantly weaken attention.

All types of attention are closely intertwined with mutual transitions and support each other in the practical activity of a person. In life, it is necessary to distribute attention, this is required constantly. There are some professions that can be given as an example - a driver, a pilot, a conductor. The ability to distribute attention is absolutely necessary for a teacher. The teacher must constantly keep the entire audience, each student individually in the field of attention, monitor their behavior, educational activities and at the same time explain the educational material. The student needs to listen, understand the lecture and simultaneously write it down. As for switching attention, individual characteristics of a person are clearly manifested here. Some people can quickly switch from one

activity to another, while others slowly and with difficulty. Switching attention is always accompanied by some nervous tension and this is expressed in an effort of will.

Thus, attention is a mental process that plays an important role in the development of personality, the education of discipline and responsibility in it. Attention gives a person the opportunity to learn about the world around him, in all its diversity.

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