

Organizational behavior



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Essentials Organizational behavior Introduction Feelings and emotions are two very strong factors that anyone could hardly conquer and avoid. It directly affects mood toward relationship with the people in the community. Emotions plays an important role in the daily activities, it is characterize either by positive or negative emotions. If overpowered by negative emotions, definitely work/activities will not be progressive. Feelings, Emotions and Moods affect performance in the work environment. Depression is a specific and popular example of these feelings, moods, and emotions. Depression is an illness, it includes the daily moods, body condition, and how you react on certain situation by your thoughts. suffering from any negative experiences depression started to dominate the entire aspects of life. It is therefore, reflected on the scenarios of everyday activities. It can cause drastic changes in the daily activities such as eating, working, and even in sleeping. It feels so helpless and hopeless; and there are lack of confidence and focus on the daily activities, if mentally and physically weak. But it would be more advantageous if you work out on it with boost of happiness, and can be prevented by letting yourself busy with working in the daily endeavors. . Definitely positive feelings correspond to positive work. Conclusion In conclusion to this topic, feelings, emotions, and moods affect the whole system of our body, physical and emotional aspects of our behavior. Some of our great philosophers like Aristotle, Plato and other philosophers are best examples of achievers who definitely known for their works because they have positive emotions that lead them to motivation, strengths and desire to succeed. Reference Psychology Information Online, (1993). What is a depressive order? Retrieved from <http://www.psychologyinfo.com/depression/description.html>
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