

# Psychology, anthropology, and sociology applied



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Families today face many challenges in their lives and in society. Psychology is important in establishing healthier relationships with others, romantic relationships, and better societal and cultural lives. The Study of Psychology has many concepts that affect each of the listed components. One particular area of Psychology in the human development field that is important for establishing healthier relationships is the Psychoanalytic Perspective, which states that people move through a series of stages in which they confront conflicts between biological drives and social expectations. The way these conflicts are resolved determines the individual's ability to learn, to get along with others, and to cope with anxiety. Romantic relationships are governed by the concept of the Development of Attachment or the strong affectionate tie we have with special people in our lives that leads us to feel pleasure when we interact with them and to be comforted by their nearness in times of stress. When we establish a sense of attachment for someone special, we produce a romantic relationship. In order to make our societal and cultural lives better, we must focus our attention on Vygotsky's Sociocultural Theory, which focuses on how culture, the values, beliefs, customs, and skills of a social group, is transmitted to the next generation. These concepts allow us to produce healthier relationships with other, romantic attachments, and better societal and cultural lives.

Anthropology is important in producing better relationships with others, better romantic relationships, and better societal and cultural lives. Through participant-observation, Anthropologists are able to study many areas of human beings. Through these studies, they focus on family unit, family culture, and race to get a better understanding of these elements.

Relationships become better because we are able to learn how past

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relationships affect our present relationships. Learning from historical examples is a good way of establishing a healthy relationship, which produces romantic ties with the individual who the person is intertwined. Societal and cultural ways become better because Anthropologist focus on understanding past cultures and societies. This research allows them to link past cultures and societies with present cultures and societies. It gives them an understanding of why and how people in present societies have a common link with past societies. Past cultures tend to transmit through present cultures because someone in the past taught their culture to be practiced throughout generations, ultimately affecting present ways of life. Sociology has an impact on making relationships with others, romantic relationships, and societal and cultural lives better. Sociology allows us to focus on the people around us, and it allows us to learn from other people's actions. To establish a health relationship, individuals have to develop a social relationship. When the social relationship is developed, the individuals are able to interact with people in their environment. This interaction creates a sense of attachment in their environment. Relationships lead to better romantic relationships as the individual becomes attached. Societal norms become easier for the individual because they are able to react and cope with the ideals and traditions of society. Creating or joining a social group is a good source of interaction with society. Individuals are able to meet other people who share similar interest and ideas. People with different cultures in their social group allow others to learn from their societal and cultural ways. Individualist, cultural ideas strengthen as individuals interact with society and learn to incorporate other cultures in their lives.

Psychology, Anthropology, and Sociology play an important role in

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establishing better relationships with others, better romantic relationship, and better societal and cultural lives. This information helps families face hard challenges in their lives, helping families build stronger family units. They are able to face the realities of life, and it gives them a foundation when faced with difficult challenges that seem impossible to handle in the absence of these concepts.

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