

# Essay on how this course has changed me

[Technology](#), [Development](#)



## **Introduction**

Psychology in the broader perspective can be argued as the critical examination and investigation of how the brain, intellect actually functions and operates. It also involves the study of the human conduct which is actually influenced by traditions, values, attitudes, ethics, persuasion and also other inherited or genetic factors found in the society. Additionally, psychology also involves the critical analysis of mental and other emotional processes usually experienced in the body. As a matter of fact, the ultimate goal of psychological analysis and examination as a subject is to help one develop the general appearance, the living part and mature feelings hence individuals develop to be better citizens in the society (Eysenck, 2004, Pp. 1-10). Finally, this paper analyses how the various psychological factors, theories and principles have actually changed my life and modeled me to a better person that I am currently. It actually illustrates the essentiality and significance of psychology in my life as a person and as a citizen.

## **Family**

Psychological analysis actually has made a great impact in my life especially in the family. Through the critical analysis of various elements of in-depth thought, reasonable methods of acting and methods of conduct; I have been able to learn more beneficial behavioral skills which have actually helped me integrate and associate well with my family members. Additionally, psychology has assisted me immensely in the understanding of how to handle critical issues especially when it comes to issues that deal with decision making in my family (James, 2007, Pp. 81-82).

## **Character and Identity Development**

Through the wide and versatile study of “ the self” attributes as a branch of psychology, I have been able to build myself as an individual and distinguish myself from the rest of my friends and other individuals in the society.

Additionally, the study of how people view things has actually helped and molded me into a man of substance, character and disposition distinguishable from the rest of other men of my age. As a matter of fact, psychological studies have actually made me undergo an evolutionary process that involves progression and development in various human aspects especially my recognition instincts. In addition, through the comprehensive analysis of psychology, I have been able to control my temperamental emotions which has actually aided me acquire patience, perseverance and diligence (Eysenck, 2004, Pp. 418-444).

## **Relationships**

Through the several analysis and lessons I have learned about recognition of myself in psychology, I have been able to develop awareness of the environment and people around me. Learning about awareness skills has also enabled me acknowledge, admit and recognize the views and reasoning of other people towards various subjects. This actually has helped me in understanding their traditions, character, denominations, attitudes, likes and dislikes which has been the fundamental and key factor in the social life I have developed. Furthermore, the lessons I have acquired have also assisted and improved my understanding of my environment including other living things and natural resources like rivers, lakes, mountains and wild animals. In reality, I have learned to acknowledge everything surrounding me

contending that God actually created it with a purpose (Eysenck, 2004, Pp. 520-521).

## **Learning**

Through the study of psychology of the brain, I have been able to acquire good and efficient study skills which have helped me actually excel in my examinations. This really has been achieved through the intensive analysis I have received regarding the awake or unconscious mind. This analysis of the awake mind have actually helped me develop better writing, reading, reflection and understanding skills which have been instrumental to my success and prosperity not only in school but also outside the four walls of the classroom. Additionally, these skills have modeled and refined me into a fine researcher that I am today; with a wide and versatile experience in the field (James, 2007, Pp. 12-14).

## **Interests & hobbies**

Through the critical and in-depth analysis of various psychological aspects, I have been able to shape my interests, hobbies and future career. This explicitly have been shaped and influenced by the various creative and critical analysis I have developed especially regarding my brain and the natural surrounding. On the broader perspective, psychology actually has designed and modeled me towards achieving my lifetime goals and ambitions of attaining the highest level of education. This actually has been due to the motivational lessons I have received in my psychology classes. Finally, I can contend that psychology has actually instilled my longtime dream of getting a cure to psychological illnesses like schizophrenia and

stress. To be sincere I lost my mother to epilepsy which was about 10 years ago although then I did not really understand what killed her until when I started attending the psychology lessons that I actually understood what it is. The study of psychology has additionally helped me deal with these mental illnesses that may be caused by avoidable reasons.

### **Work life balance**

Psychology has also helped in nurturing, fostering and breeding me into a good employee at my work place. Through the ideal integration from one person to the other and friendship lessons I have actually undertaken; I have developed and groomed to a mature and understanding employee who is time conscious, obedient, hardworking and ambitious to ensure the success of the company I am currently working for. Moreover, by way of learning and understanding how other people relate, work, think, reason, react to issues and other relational traits; I have been able to develop good and efficient working skills with them which actually have helped the company in attaining and achieving its goals and objectives. Eventually, this has actually helped me maintain my job and occupation for a very long time (James, 2007, Pp. 12-18).

### **Private challenges**

Psychology has actually facilitated and assisted me largely in dealing with my individual challenges and disputes which have been a bother to me over a long period of time. Just to mention, studies in emotional and physiological psychology have really helped me in being able to control my high temper especially when provoked. I had a habit and culture of getting pissed off and

annoyed easily without really having to think about the cause and effects of my attitude. But with the psychological studies I have received, I have been able to understand, curb and dominate over my emotions and feelings. In addition, I can reason and say that the study of psychology has actually increased and expanded my knowledge in regard to mental illnesses for example schizophrenia and stress. Sincerely speaking, I have developed better ways of tackling and dealing with stress which actually is one of the causative agents of cancer (Eysenck, 2004, Pp. 548-549).

## **Conclusion**

In conclusion, psychology actually can be argued and debated by many scientists as being the study of the working and functioning of the brain which is the engine of thought. Additionally, it can be contended as being the critical analysis of the human behavior which is really affiliated to emotional reactions. Finally, psychology is generally a fundamental and essential aspect in life which actually one needs to be able to understand humanity in general.

## **Works Cited**

- Eysenck, Michael W. Psychology: An International Perspective. East Sussex: Psychology Press Ltd., 2004. Pp. 1-718.
- James, William. The Principles of Psychology. New York, NY: Cosimo, Inc., 2007. Pp. 1-604.