

# Human interaction from a psychology perspective

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Human Interaction from a Psychology Perspective Do we act the same within social interactions as we do when we feel that no one else is looking? Do we conform to society's standards of what is considered normal behavior? Does our behavior in social interactions depend on a variety of factors ranging from brain chemistry, individual beliefs, cultural influence? We are all influenced by a variety of factors in our social interactions with others. Does the interaction offer us some type of recognition or personal reward?

What can we get out of the social gathering that we find beneficial to us in the long run? Do we act what is considered normal in our social interactions with others or adopt maladaptive behavioral patterns that lead to chronic disturbances in interpersonal and occupational functioning. According to Kowalski, induces a higher rate of conformity among its members. In this type of culture lacking autonomy, obedience is taught by parent to child as a means of future survival (Kowalski & Western, 2009) and that the child's role in society has been predetermined.

In communism conformity is not a choice, rather a governmental mandate to remain within the norms of the communistic society in place. Democratic Societies Whereas communism attempts to create a single social norm from many cultures, democracies promote social norms based on many cultures. Within democratic societies exist many cultures based on ethnic, religious, economic, and social affiliations. A child's future is not encoded from birth, rather determined by his or her choice of social affiliations.

Although many factors contribute to a person conforming to social norms, many antisocial behaviors can develop as well. According to Steinberg; The

increased importance of peers leads adolescents to want to alter their behavior in order to (sic) fit in; because they care more about what their friends think of them, they are more likely to go along with the crowd to avoid being rejected (Steinberg & Monahan, 2007, para. 5). Peer pressure is more likely to alter behaviors of those under the age of 14 as he or she tries to fit into a present group culture.

Social interaction at this point dictates whether the learned behaviors are socially acceptable or not. Between the ages of 14-18 the individuals begin to resist peer pressures as they begin to develop emotional autonomy (Steinberg & Monahan, 2007). Intervention. Whether in a communistic or democratic society, it is individual behaviors that are judged by society to be either normal or antisocial. In either society, if a mental ... is in dissension of other individuals established beliefs or standards the action is considered to be disrupting or deviant and is rejected.

Many times individuals perform deviant acts which are not necessarily harmful to society as a whole but are potentially threatening to their own existence. This brings in the question of what type of assistance the individual requires in order to change their behaviors. Psychoanalytical therapy may be helpful in order to determine the underlying causes for the deviant behavior. Disorders such as obsessive-compulsive behaviors may not affect an individual's social interactions; however, these behaviors could potentially have a negative effect on individual abilities to find employment.

An individual's interactions within a culture should be performed in an effort to unify personal positions within that society and to strengthen relationships

within the community. Societies which enforce responsibility from their leaders are motivated to include a much greater level of development while those which are commanded by power have the tendency to lose. Individuals who try to control others, either in the place of work or on a personal level, frequently exhibit these behaviors due to a lack of self-confidence which has been infused in them due to various reasons.

While at times it is necessary to take charge of specific situations, those who are provocative in their approach would benefit from psychological therapy in order ... Treatment and Prognosis of PTSD. There are various types of therapy and medications that has proven to be successful in treating PTSD. Cognitive Behavioral Therapy is most effective in treating PTSD. Prolonged Exposure (PE) therapy, Cognitive Processing therapy, reprocessing and Eye movement desensitization therapy are also other means of therapy that is successful in treating PTSD.

Types of drugs known as Selective Serotonin Reuptake inhibitors (SSRIs) which is typically used for depression has been successful in treating PTSD. The prognosis for PTSD depends on severity and length of how long a person has suffered with the mental illness. A majority of those who seek treatment do respond to psychotherapy but residual symptoms may remain and go into remission for different lengths of time. It is important to seek treatment for PTSD as symptoms may become so debilitating that it will interfere with a person's ability to lead a full and productive life

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