

Psychology in our everyday life flashcard



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Psychology or knowledge of the psyche is an important course that everyone should take. Everyday, we encounter situations that require more patience than what we expect. When we deal with difficult people, cram for an exam, or make a class presentation, we require more than the basic knowledge about the world. Often, when we deal with others, we face consequences that challenge our deepest thoughts, and move us to do an act that could affect our entire life. During these difficult times, we need to possess some knowledge about people's personalities, and the reasons for their behavior.

Psychology offers this knowledge, making us obtain an overview of the whole situation. With background of Psychology, we will see different aspects of a situation. We can identify that most troubles we encounter are by-products of the way we were raised by our parents, or what our grown-up culture taught us. By studying Psychology, we would also know how to react accordingly to situations, and avoid repeating the mistakes that we commit. If everyone studies and apply Psychology in everyday life, our world will truly be a better place to live in.

Considering the benefits Psychology can do to people, educators should plan of introducing it in the earlier curriculum, for instance, in the middle school or high school. Integrating it the high school curriculum or introducing it even in the middle school would help students obtain a better understanding of themselves. If students would have an overview of their individual situations, they would know better how to handle problems, and would find a better meaning in their lives.

Parents would even have less trouble in raising them as they can think and act maturely. There will be less crime rates, teenage marriage, drug addiction, delinquency, etc. The great teacher, Socrates once said, “ care for your psyche...know thyself, for once we know ourselves, we may learn how to care for ourselves. ” Psychology promotes the knowledge of the mind—its strengths, misgivings, and weaknesses. It helps people to analyze their situations and respond properly to situations. The knowledge it brings gives us the capability to hold on and stay sane.

In the same manner, those who lack the capability to apply Psychology in their lives sometimes lose balance and become insane. This is why the study of Psychology is very important, as it helps in maintaining a healthy mind and lifestyle. Psychology is part of everyone’s life. From the time we were conceived by our mothers up to the time we lay to rest, psychology serves as our guide in making wise decisions. In order to choose what is best for us, it is important to know ourselves first, our inclinations and fears, and the reasons behind them.

Basically, if we know ourselves, we could be in full command of our lives. We would have control of everything, and although not all things will come out the way we want them, those things that we regret having may be less. Wagner (n. d.) suggests some positive ways that Psychology can do to improve our lives. Among them, she mentions that Psychology can help us understand our emotions. Having knowledge of theories of personality, we would find a good explanation of how we behave. For example, a person who feels some void may find explanation from the theory of Sigmund Freud.

By knowing Freud's Oedipal complex, a hypersexual may understand that longing for love could be a result of longing for parental love, specifically a mother's attention. During childhood, this need for love and attention may have not been compensated well, thus creating the need that manifests later on. If the person has background of Psychology, he would not fulfill this need by engaging in short-lived love affairs but finding true love and diverting this need to giving love to a lifetime spouse and kids. The person would long for a family instead of seeking affections he could get from strangers who come and go.

Likewise, a person who has overeating problems may find answers from Freud's theory of oral stage. This stage, according to Freud, is the time when all cravings of our mouth should be satisfied. If not, manifestations such as overeating problems may arise in the future. With ample knowledge of ourselves, we would know how to divert this craving for food. Instead of resorting to eating, the person could keep him/herself preoccupied with other things. Also, the person could control cravings by eating healthy foods that will not cause illness. Understanding our emotions could lead us to be productive.

If we can monitor our reactions, we could identify our weaknesses and work on them. For instance, one who always spends lavishly could gain control of oneself if the person would understand that our impulses are governed by the stimuli that surround us. Pavlov's Operant Conditioning claims that these impulses in our environment motivate us to act the way we do. However, modern Operant Conditioning (Gale Encyclopedia of Psychology 2001) states

that human intelligence is more superb and so it can overcome such impulses and will not merely respond to stimuli.

That is, if people are knowledgeable of this conditioning, they would know how to counter the feeling they have towards attractive shoes or clothes they find on sale in a store. They would probably be able to control their spending by not going near malls, because doing so would cause them to spend a lot. Moreover, knowing their tendency to spend a lot, they would keep away from credit cards and discount seasons. Aside from being wise at handling money, people who took up units in Psychology should also know how to apply their knowledge to time management. They would know how to be productive, because they know the consequences of their acts.

For instance, an employee knows that the boss would get mad at anyone who wastes time in the office. Knowing such basic reaction would compel the employee to work hard. Also, equipped with psychological background, the employee would not do things s/he knows would not make him/her productive. Otherwise, if the person is not knowledgeable of reactive emotions, the employee might just while away time doing nothing. In this case, Psychology plays an important role in making a person self-knowledgeable and conscious of others. With a good background of Psychology, students will excel highly in school.

Many students nowadays lack the knowledge and right techniques in studying. They do not know how to think and study with techniques to learn easily. But if one would be aware of individual differences in terms of learning styles, every student would be able to devise a way to learn fast.

For instance, a person who is visual learns fast with the help of visual aids while an auditory person learns better with the aid of listening materials. Moreover, a kinesthetic person learns easily when taught lessons that require physical activities like dancing, jumping, demonstrating, etc.

All these things can be learned in the study of Psychology. Importantly, the study of personality would help people analyze their individual progress. With proper sensitivity to certain stimuli in the environment, which could either hurt or satisfy ego, people would make the right decisions they will not neglect afterwards. Instead, they will have the capability to reflect, and manage their lives accordingly. Some religions teach about knowledge of oneself. Specifically, Hinduism tells us that self-knowledge is the key to limitless happiness.

If people know themselves well, they would not fail because they know their weaknesses as well as strengths. Importantly, if a person knows his/her own strengths, there is a big possibility that the person would succeed. For example, a person on the one hand who knows that he has a tendency to get addicted to gambling would try not to gamble because s/he knows that s/he could eventually lose everything in it. On the other hand, a person who knows that if s/he tries his/her best in a project s/he would succeed at the very end, would truly do his/her best and succeed.

Likewise, if people know their capabilities, they would not hope for the impossible. As such, they will not have false hopes and will have the courage to face reality. Such is needed to prevent disillusion, and even worse, depression. There are times when people cannot accept realities, for

instance, the loss of a loved one. When they experience this and cannot move on, they have a tendency to recreate an imaginary world that leads them to lose their senses. However, if they know themselves well, they would not create such illusions, and instead face reality.

They would have the power to control their emotions, and certainly prevent depressions. The role of Psychology in this regard is very inevitable. With knowledge of theories about depression and paranoia, people would know how to prevent them and still maintain balance. Aside from understanding ourselves, Psychology could also help us understand others. As Carl Jung put it, " everything that irritates us about others can lead us to an understanding about ourselves. " If one is knowledgeable of different personality types, the person would learn to accept people for who they are.

Again, the trouble of being disillusioned may be prevented. Likewise, the person would live harmoniously with others. For instance, knowledge of behavioral theories such as REBT (Ellis, as cited in Frogatt 1993) may help us understand that reactions spring out from past situations, and are not a result of genetic influence. For example, people who throw tantrums may be said to take after their grandparents even though they were born after their grandparents died. What parents do not know is that they have the same qualities, or probably give reasons that cause the person's tantrums.

Likewise, a person who is good in math may be said to take after a parent through genes but the truth is, because of the parent's inclination in math, the child has been exposed to numbers by the parent. Thus, as behaviorists claim, it is not genes, but outside factors that lead to a person's behavior. In

line with understanding others, Psychology can also help us assess ourselves of biases we hold of other people. Learning about different personalities would make us develop tolerance of others. We would also know how to behave in front of other people, whether during unity or diversity.

For instance, if we work with someone of a totally different personality, we would not be irritated easily by negative attitudes if we have encountered them in the theories. Instead, we would exert efforts to understand the person by knowing him/her well. In addition, gaining background of the person's family, culture, education, etc. would certainly help in explaining why one behaves differently from others. Also, if each person understands another, there will be better output and unity. Having a good background of others would help us communicate properly with them.

In the study of Psychology, we encounter specific examples that provide clues to how people react to things, because Psychology is the science of behaviors. A person who studies Psychology would thus gain sensitivity to others' feelings and behaviors. If we gain this sensitivity, we could respond accordingly to others, thus making us share a more harmonious relationship with them. Nonetheless, without Psychology, we would be lacking guidance on how to pacify people's anger, or appease a suffering friend. Applying the abovementioned, a person who has sensitivity to his/her spouse would be able provide the spouse's needs.

For example, one look in the eye or smile on one's face would tell a partner of how the other feels. If this sensitivity is sustained, the marriage might succeed. Psychology, in this case, helps the couple in their experience of

different situations like middle life crisis, menopause, or even old age. With sufficient skills in understanding people's life stages, we can save relationships and avoid having broken families. The situation nowadays where many families have been separated implies that many people do not understand their partners.

A lot of people just jump into the conclusion of ending up their relationship without much consideration of factors that could have led to misunderstanding. Some common factors that result in broken marriage are still workable but people's unwillingness and lack of ability to analyze their situations lead them to part ways with their loved ones. Aside from understanding our loved ones, knowledge of behaviors and mind processes could lead to a good team relationship at work. Again, considering individual differences, a manager needs a good background of psychology in order to distinguish characteristics of subordinates.

By knowing different personality types, a manager may have the discretion to assign subordinates to teams whose members have somehow the same personality types based on their inclinations. To do this is to allow each member to work harmoniously with others, and to be do their best to work for the company's success. On the contrary, if a manager lacks knowledge of psychology, s/he might commit the error of not knowing each of the subordinates, thus assigning them to teams and functions that will not boost their performance.

Sad to say, this scenario is more common than the first one, thus many professionals lose interest in their job. The blame could be put on managers

who lack background of Psychology. Another role of Psychology in the workplace is evidently seen in the hiring process. The one assigned of screening should be very familiar with types of personality and should be able to determine the personality of the person being screened. People undergoing the application process may project an outward personality that is different from who they really are. But the hiring officer should be adept in determining facades.

With in-depth background of Psychology, the hiring officer would be able to choose the right candidate to fill in the job, the one whose personality fits in the company. Psychology could likewise lead a person to become a good communicator. Many professions nowadays require people to possess good communication skills. Among those who should communicate well are lawyers, business people, salespeople, teachers, counselors, etc. When dealing with people, these professionals need to know personality types in order to vary the communication strategy they need to convince their clients.

With some knowledge of personality types, they could easily convince their clients. For instance, a lawyer should know how to read the mind of his opponent in order to win a case. In the same way, a business or salesperson may apply some psychological background of winning clients and convincing them to make investments. Similarly, a teacher needs to gain background of psychological theories in order to decipher the thought of each student. The role of the teacher is so crucial in that it requires the person to know each student—their personalities and behaviors.

Since students project different behaviors, the teacher should be adept in handling each student. As such, it is very important for a teacher to be adept in dealing with different personality types. The needs of every student will only be fulfilled if the teacher knows how to delve into each student's mind. The role of Psychology in this case is very evident. Teachers need to have a good background of Psychology in order to respond to each student's needs. Also, Psychology would prepare them to react accordingly to student's inquiries, and prepare them to value patience at work.

The benefits of Psychology can also be felt in everyday life. It does not apply only to practicing a profession but likewise to simple encounters in life. In typical street scenarios, people's background of Psychology can simply help avoid accidents on the road. For instance, when there is heavy traffic, people tend to lose their temper, but if they are aware of the effect their bad temper may cause, they could prevent themselves from reacting too much, or getting mad at those who want to get ahead of them. A simple background of Psychology would make them aware of the consequences their bad temper may bring.

Moreover, it could take them away from arguments on the road and similarly prevent them from meeting accidents. Another situation where Psychology could be helpful is when a person undergoes a trauma. We often hear people say that life is full of suffering. Troubles no matter how small they are—whether financial, emotional, or physical—can make a person suffer much and experience trauma. For instance, there are people who cannot overcome emotional suffering from bereavement. They sometimes find it too difficult to let go of the ones they love, thus suffer a lifetime loneliness.

They tend to become loners and feel hopeless, unable to move on and see the positive side of life. However, if they are learned about Psychology and life processes, they might be able to overcome great emotional distress and learn to open their minds to the possibility of loss. Although its benefits are visible in everyday life, many people tend to take it for granted. Some even misunderstand it by saying that those who study Psychology are the ones disturbed. What people do not know is that Psychology is part of everyday life, and being educated in it would help them become successful in their relationship with others as well their careers.

Everyday, we encounter difficulties which are sometimes too much to handle that other people lose their sanity. Studying Psychology would be a big help to each person especially in dealing with everyday struggles of life. For instance, Psychology works in situations like making decisions, finding solutions to problems, handling unmanageable difficulties, or even as simple as mingling with other people. As mentioned above, if Psychology will be introduced in the middle or high school, many students would learn how to cope well with the adversities of life even at a young age.

As such, the rate of suicide may decrease significantly. Solitary feelings of being unloved could even be less among teenagers. This way, students will excel better in their studies, and their relationship with their parents and the community would even be stronger. If teenagers will have a background of Psychology, they will see their importance and face problems more easily. In addition, if the youth gain a background of Psychology in the high school, the rate of teenage pregnancy might decrease significantly for the youth would have the capability to address life issues with careful analysis.

Similarly, the worst problem of drug addiction/abuse may be less if not entirely prevented, and we would find more possibility for world peace. Likewise, if people would give importance to theories of personality and analysis of behaviors, there would be less crimes and conflicts not only in our neighborhoods and offices, but in the whole world as well. Indeed, this confirms that Psychology is a very important course to take. For this reason, every person should undergo learning of Psychology, and it should be integrated in every curriculum, whether in four-year courses or technical ones.

Every professional should manifest understanding of theories and their application; technical workers should do the same. If this could be achieved, there will be fewer conflicts in the workplace. Moreover, to ensure a good government, it should be a rule that every government official obtains units in Psychology before assuming office. This is to ensure that their decisions undergo careful evaluation before they make those decisions into law.

Likewise, this can somehow help them manage their offices with more regard to people—how the state would live with their present economic and socio-political conditions. Considering all the benefits the study of Psychology can give, it should be made accessible to the community. Whenever possible, schools and other institutions should hold informative as well as reflective sessions for parents and teenagers to benefit. Most especially, young parents would benefit from this kind of informal instruction as this would assist them in raising their children properly.