Does Psychology Make a Significant Difference in Our Lives?

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**Introduction**

Psychology refers to the technical and scientific study of mind, and it is a multifaceted field which incorporates sub-fields like social behavior, health, sports, and human development. In his article, the author Philip G. Zimbardo raise a question that does psychology make a significant difference in our lives? For the quality of human life, it makes a difference by replacing the appreciation of creativity among the people. The evidence is well-known and supported by the American Psychological Association, President George Miller for publication and sharing of valuable information. Functioning and actions of daily lives and thinking about brain and behavior is improved through the understanding of psychology. One of the significant factors that contribute to the human wisdom and resources of social good is due to intelligence and knowledge of psychology.

**Discussion**

For the general public, psychology must be given free space to convey the practical importance of their work and senses. It was revolutionary for many psychologists who saw more value in the necessary research. It is also the recognition for the general society in interfacing public through the media. Through the blogs, trade books, magazine articles, and the open-ads scientist can share information with an organization (Zimbardo, 2012). In the journalistic writing, it is essential to consider the common man to sensationalize senses which could attract the attention of people. Lack of understanding or the ideas that lead to misinterpretation and misrepresentation of the news are at the best position to describe the events with their potential implications on the community.

A career of the researchers or those associated with practical life is based on the increased visibility of work by the common man (Jonason et al., 2015). The psychologist has the opportunity to make their lines public in the eyes of individuals by writing on social issues like economic development and political conflicts. It will attract most of the attention contains in the social sector and will be effective for publishing in the popular press. The author in his article reflected that various means are available through the social media or the journals like Psychology Today and science of related websites. There are multiple op-eds in the newspaper that can be used through the Huffington Post or New York Times. For the disseminating of crucial information and research findings, many applications are based on psychological research.

The experience of publically dynamic information integrates the aspects of daily lives which are faced by people across the United States (Martela & Steger, 2016). The research on the WOOP app convinces attention to pursue the people in achieving their daily goals through positive behavior and promising attitude. Further, the Mood Meter app is used for the research on emotional intelligence to improve the emotional awareness and regulation skills that is an essential aspect of ordinary individuals in achieving their life objectives. The trickiest balances need to consider the writing for the general public is a compelling story and significant because of addressing complications and nuances among the people. The arguments of APA President is to share the information and awareness of psychology among the people because it will have significant impacts on their lives.

On the other side psychological research requires the boundary conditions and tentative language which will make it very difficult for a researcher to advance their work in the marketplace of ideas. It can contribute for clarity of mental complications and senses along with values to keep the reader interested in positive use of its mind. How psychology creates a difference in our lives is the right question posed by Zimbardo because the public has many preconceived notions about the elements and aspects of mental science (Zimbardo, 2012). People have multiple ideas like they think that everyone is an expert in psychology and they mostly compare the new information to the knowledge provided in the research articles. Even some have ideas that psychology is not a science and their perception can be combated through the publication of public mental health issues with high quality and impressive findings.

By using the methodological rigor and general richness, public can be convinced to understand the importance of psychology in their personal and social lives. These are the challenges that use to anticipate and preempt potential issues and unwarranted reactions to the social dealings. Balancing nuance and simplicity is a progressive tool for resolution of various issues in life. Multiple approaches and variety of knowledge are available for the scientist of psychology to offer public and society. Capturing the imagination of the audience through the assessment of their fundamental ideas, along with striking and scientific findings can help the common man in spending a regular life.

**Conclusion**

Concluding the discussion psychology make a significant difference in our lives. The author and President of American Psychological Association reflect that the best way to involve public in the understanding of their senses is through the sharing of information and ideas. Receiving feedback from the editors and audience will not only strengthen the capacity to disseminate mental science information, but it also provides the potential insights into the common man. Research of the articles will be increasing through the measures provided by the author and experts.

**References**

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