Psychology

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Inthe philosophy of science, both science and values are multifaceted discussions, as there are numerous ways in which the conjunction of two can be understood in a better way. Two of the most important thesis in this regard are the inquiry which is common in scientific studies are not only a simple matter of evidence and logics or any kind of self-governed inference but rather they need a couple of value judgments and secondly the social, ethical or even the political values also play a significant role in scientific inquiry. Most of the times scientists are the ones who make complex decisions regarding the interpretation of the data that they obtain during their research study, and the scientists do this by interacting with other scientists, here while judging a particular outcome of study is the area where values come into play in science. Most of the breakthroughs in the world are happening due to science and it is important for scientists to stick to the values because if a scientist is dishonest and also fabricating the data then that person is not a true scientist and over time he/she will lose the respect among the public. Therefore in order to retain the trust, it is important for a scientist to stick to his/her values.

The career options that are present in community psychology focus on the wider environment rather than focusing only on the individuals. Instead of taking only one aspect in consideration the community psychology takes into account cultural, economic and other political factors. The community psychologists can work as Academic Advisors, Activities coordinators, Career Counsellors, Counselling, Mental health counselor, Human resources, Marriage and Family Therapist, Mental Health Counsellor, Occupational Therapists and also Human Service Technicians.

The future of clinical psychology is quite vast because this particular field is focusing on all the important aspects of modern psychology. In the future, the community psychology may help in resourcing the communities, within the field it can promote a sense of community, it will also help in diversifying students, faculty and also leadership, it will help to evaluate the efforts, it will further help in improving the growth and also visibility of the field of psychology and lastly it will create globally minded and innovative community psychologists. By addressing the important aspects and issues of a given community it will help in promoting social justice, it will prevent and address social problems and also it will help in establishing community connections to be effective and also impactful.

Yes, diversity and community can coexist, diversity means that each person is distinct and also their differences are recognized. These differences can be race, gender, ethnicity, socio-economic differences and also religious beliefs. So in any given community diversity is the main component, by respecting each other different beliefs it is possible to create a community that is a mixture of everything and such community can develop and prosper more easily.

Resilience means to cope with a difficult situation or crisis in order to return the normal or before-crisis situation quickly. When a person faces a tragedy or any kind of natural disaster or a health concern, then resilience means that how well an individual can adapt to the events in his/her life. If a person has good resilience then he/she will get normal soon without getting stressed out as compared to the ones who don't have this potential.

Nowadays stress is very common among individuals, students are stressed out because of their studies, professional are stressed out due to the workload. Workplaces specifically are full of stresses and as a result, individuals then become distressed and depressed. Coping is defined as behaviors and thoughts that are used by individuals to relax the selves under certain stressed conditions. Different people have a different coping mechanism, some like to listen to music, others find a distraction to get out of the stress while some people spend time with their family. So although stress is common nowadays there are various effective coping mechanisms that can help the individual to come out of it.