How I use Psychology in my daily life

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**Introduction**

Psychology is defined as the study of human mind and the function of mind especially the behaviors that are affecting behavior in some particular or regular context. Psychology is also called the mental characteristics or the attitude of a group or single person. Psychology focuses on different topics such as perception, motivation, sensation, memory, thinking and intelligence and social psychology (Wade et al. 2007). All these topics collectively form the human attitude or shape human understanding of different events and actions that are occurring around. One of the major studies of the world also includes psychology because it is one of those subjects that are equally important in all the dimensions of life (Wade et al. 2007). Even the major department of work and education offer and require a specialist in psychology or one of its fields because of its crucial role in the understanding of human nature. Psychology as a field of study is one of the options that can help an individual get a clear understanding of the world, its happenings as well as the scenarios that are guided by a particular human being (Finkel et al. 2019). Psychology is more like a field of study that initiatives and facilitate human understanding that either shape human attitude or helps to understand behavior.

**Discussion**

Taking into account the significance of topics that makes and justifies psychology as the study of behavior and, mind, it is asserted that these topics can play a central role in daily life as well. This role can either be an addition to the normal human conduct or understanding or it could be a necessity that ensures survival (Finkel et al. 2019). In psychology, perception is defined as human interpretation and recognition of the sensory information. Perception directs human response to information and allows us to analyze sensory information to extract something meaningful out of it. In our daily life, a central role is played by perception because perception is organization, interpretation, and identification of the sensory information with an aim to understand the presented information. Perception can help me to understand what I am presented. This world is full of connotation and denotation, taking into account that perception helps to understand it. In my life, I find perception as something intellectual because sometimes contradictory understanding leads to a clear understanding or a different vision that is more understandable. Perception is not confined to literacy but it helps to understand and extract underlying meaning. Several times, I see perception as an alarm that helps me sense approaching danger. This can either be in the form of a human being with negative intention or a gesture that is critical enough to convey. I use perception to enhance my creativity also because creativity is all about the vision that is out of the box. In order to perceive things differently, one has to think in a broader way and it is something that can open ways to success. Perception cannot always be positive, there are a lot of situations in my life when I misunderstood situations and gestures. Although it created a negative effect on my life, such as people get arrogant when I misunderstand them and they are annoyed with misinterpretation but I think, it helps a lot to modify perception.

Motivation is another topic of study in psychology. It is defined as a process that initiates, maintains and guides gaols oriented behaviors. Motivation is the backbone of all the actions because there is some kind of motivation behind different actions either it is about doing something minor or something extraordinary (Finkel et al. 2019). Motivation is the driving force behind all the physical and psychological actions. In my life, motivation is a code of conduct. I would not be able to take a glass of water in snowy mornings without motivation. I think motivation is necessary to keep up with the struggle of life. Motivation is not just a leadership term, in fact, it is something that can continue the life processes. Motivation also refers to the presence of desire or purpose that can help to achieve the set goals. When I get interested or excited about something I try to perform that task with better abilities and excellence. Usually, I try to put all my effort into that act. In my life, there are different versions of motivation, such as a book, a quotation, a leader or sometimes one of the members of my family. All actions of my life from getting enrolled in an institution to get up early in the morning and maintain my life with respect to time are all driven by motivation. Motivation helps to identify my goals, both long terms and short terms. After identification, motivation guides me prioritize the goals so that I can work on them and achieve them on priority. After prioritizing things, motivation guides me to draw plans that can lead to the achievement of goals. Motivation makes me believe that setting a goal is not enough, one has to be consistent, effective and decisively practical to achieve the goals. Motivation guides to overcome the setbacks because when there is no motivation, a single setback is enough to make an individual surrender. So, motivation designs my life, all my achievements, all actions, and all decisions are the product of motivation. There are a lot of goals in my life, that are found unachievable or unrealistic but motivation helped me to set plans that not only help me achieve my goals by also stay aligned with that goals and follow the steps that are a byproduct to that goal. Motivation pushes me to struggle and then continue that struggle so that I can maintain and keep my course. So, motivation not only helps me but it is also support others who are a part of my life or who are related to me because, this world is a chain of people, bound with each other where one is the source of motivation for the other. So, motivation not only keeps me but others as well on board of life.

Sensation is defined as a process that allows human to take information from this world with the help of five senses and these senses are then used for experiencing and interpreting this world (Wade et al. 2007). The five senses are, taste, vision, touch, hearing, and smell. For me, my life would not be pleasant without senses. These senses add color to human life. Senses are so significant that impairment to any of the senses or ceased performance of any sense can make a person disable. All of the senses are equally important, none of the sense can replace other because each sense has its particular function (Finkel et al. 2019). Visions or sight helps me to see the colors of this world. Without eyes, I would not be able to see and analyze different objects in this world. Eyes play a central role in making me familiar with this world and understand and enjoy the things that are created for human beings in this world. Hearing is a sense that facilitates and helps me with listening. This sense helps me to hear whatever is happening around along with the ability that can help to get be fascinated with rhythms of music. It would not be wrong to say that hearing is a sense that can help me hear the worries of the people who are around me and play my part by helping them. Sense of smell is also one of the senses that makes a human being complete because an inability to smell something can mitigate the difference of fragrance and smell. Sense of touching makes me feel alive, all the things that I touch, I can feel them and this sense is also equally important. Sense of taste is something that makes me realize that I am alive. Every time I eat something, I become familiar with something that is abstract but it is pleasant. I think both, sensation and perception work parallel to each other. It is not possible to live without any of the sense because senses play a major role in formulating perception until I won’t see something I would not be able to make an image or argument about something that is a major part of this physical world. Sensation is the signs that make me realize and assert my presence by enforcing tints of life.

Memory is another major topic of interest in psychology. It is defined as a mean that helps to draw upon past experiences so that information can be used in the present. Memory can also be called as a flashback to the past that can be used in the present situation. Memory also refers to the structures and processes that are involved in the storage as well as the retrieving of information (Bannister et al. 2019). Memory is one of the major blessings that plays a central role in human life, losing memory is more like losing identity (Finkel et al. 2019). There are a lot of people who suffer from different types of disorders related to memory and it is more like torment to their lives. In my daily life, memory holds primary importance, I would be nothing without memory. Thinking about the significance of memory makes me realize that what would I do if I will ever suffer from memory issues, I would not be able to return my home, I would not even be able to recognize my loved one and it horrifies. Thinking about the positive side, memory is one of the most precious things that is given to human beings because memory makes me aware of the facts and figures around me, I become aware of the things around me, I can recall incidents that have caused hurt to me to avoid them in present. I can even use my past knowledge and experience to recall an idea, something related to academics and do something that is required of me at the same moment. Also, memory can help me make decisions that would be compatible for me for long along with making corrections. Memory can help me remember important things, such as contact numbers, PINs, Codes, and passages that can add much to my life and make my life easier. Also, memory can help me do good to others as well, such as helping others with the help of my sharp memory, guiding others to the ways, and let others correct themselves based on my past experiences. Although memory is something that requires care for its long-term efficiency, still I am ready to work on it because memory is one of the blessings that can keep me connected with my family and other people around me.

Thinking and intelligence is also another topic of investigation in psychology, taking into account that it is directly related to the mind and one of the efficiencies of the brain (Bannister et al. 2019). Although there are different explanations and definitions of the two terms, i.e. thinking and intelligence, still it is one of the less analyzed and more exaggerated concepts. Thinking refers to the ability of the human being to think, which is based on the ability of the mind. On the other hand, intelligence is an action that adds to the competency of thinking. Thinking is a higher cognitive function and it is studied in cognitive psychology (Bannister et al. 2019). Thinking and intelligence are some of the merits of human life. I am considered as a human being, even I am respected because I can think. Whether this thinking is efficient or not but the ability to differentiate between right and wrong is something that is considered important of a human being. In my life, thinking is important to ensure that I am eligible at all the merits of life. Thinking is an ability that positions a man at a better level as compared to other human beings. Without thinking I would not even be able to differentiate between some very common and logical questions such as signals on traffic and how to cross the road. In my life, all the progression is the product of thinking that is one of the precious natural abilities. Thinking not only justifies presence but it also helps to think practically that can ultimately help to mitigate the gaps in life. There would be no progress in life without some goals and these goals are the product of thinking. Intelligence is one of the magnificent aspects or forms of thinking is a rare blessing. Different people have different IQ, but it is present in almost all human beings. It is highlighted that intelligence is a blessing that can add to the beauty of thinking, it is more analytical, critical and mathematical. I am one of those people who is very intelligent and I have attained and bagged a lot of rewards in my life because of my intelligence. I always see myself different and more analytical and visionary as compared to my fellows and it is one of the reasons that I am studying in such a prestigious institution. Also, I would have lost all my reputation without intelligence because intelligent students are always dear to the teachers and they are closer to the heart of teachers. As I am one of those students, I can feel the pride of teachers being worried about me, concerned about my future and always pushing and encouraging me to do best. In my life, thinking and intelligence are two major aspects that have awarded me at different phases of my life. Without intelligence, I might be a common student but without thinking I would be termed as lunatic or someone who doesn't know anything and it asserts the significance of these two abilities. It is also important to note that both thinking and intelligence are central to my balanced life.

Social Psychology refers to the scientific study of thoughts, feelings, and behaviors that are either modified or influenced by the presence of others (Bannister et al. 2019). Social psychology is also called the branch of psychology that deals with the study of social interaction adhering to the origin, social interaction and the effect of that interaction on human beings. There are a lot of dimensions of life that are dependent on the field of psychology, i.e. social psychology. The influenced areas are physical and mental health, thinking and relationships. It is highlighted that social psychology plays a central role in the formulation of society and societal features (Bannister et al. 2019). All these features can cast both positive and negative impacts on the life of a human and the same goes for me. There are a lot of people, such as my family can cast a highly positive impact on me, I feel relaxed with them. I am always happy, positive and encouraged to see my family. In the same way, there are people who make me distressed and worried such as fellows with whom I don’t feel comfortable. Also, there are situations that in which I feel uncomfortable such as the presence of teachers around me when I am doing something. Physical health is also influenced by the presence of people around me such as my loved ones. In the same way, negative incidents and people can cast a negative impact on my health. I am always happy to see my grandparents and I become physically strong to see them. Thinking is also one of the major elements of social psychology because we perceive things in a relative way. It is important to note that my perception about all the things in this world is derived from my cultural, moral and social associations. Without these associations, my life would not have been the same. Even, I react to different things with respect to my association and understanding of this world. Taking into account the analysis of the societal impression, it is highlighted that whenever I go outside, I meet people and react to things with my understanding and norms that I have learned with the passage of time and being a part of society. I see my self as a product of my experience and they the way I see my closed one treating others. without social psychology, I would not have been able to understand society and react to the society in a way that is required and is acceptable. Relationships are also one of the element of social psychology that directs human approach and helps to understand what is happening around. Under the impact of relationship, the identity of an individual is revealed. In my life, I am known with a number of familial associations and all these relationships help to make my presence dignified and important. In the same way, social psychology shapes me and my attitude towards others, how should I treat others and how should I react to others. Also, social psychology helps me to define my role in this world, as derived from my norms, values and the type of people that I have met in my life. Social psychology is a fact or an element that impart a relative analysis and provide the code of conduct that is either inherited or derived from experiences.

**Conclusion**

 There are different topics of study in psychology and all these topics are equally important in effecting or effected by behavior as well as mentality. It would definitely be hard for me to imagine my life without memory, thinking, sensation, intelligence, motivation and social psychology because I live in a world that is in this way or other shaped by different types of behaviors. Life is a collection of experiences that either effects or effected by many behaviors and it ultimately shapes my attitude. It prepares me for another phase of my life and keeps me going. It would not be wrong to say that psychology is more like a pattern that designs my life and maximizes input in my life. In a nutshell, psychology is a subject that not only broadens the horizon of understanding of this world but it also helps me know what I have not known, by adding to the significance of different behaviors, negating negative potential and enforcing positive attitudes. All the topics of study in psychology are playing a crucial role in my life.

**References**

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