Your Name

Instructor Name

Course Number

Date

How is psychology going to help me in my future career?

**Introduction**

Psychology is defined as the scientific study of behavior and mind. This definition is designed by the American Psychological Association (Seligman, et al.pp. 1-23). It would not be wrong to say that psychology is not just confined to the realms of mind and behavior. In fact, psychology is a multifaced discipline and comprises of different subfields of study such as sports, health, clinal areas, social attitude, and cognitive processes. In the present time, psychology is one of the necessary vacancies in all the fields of life because the proposed explanation of psychology involves human behavior which plays a central role in almost all the areas and disciplines of life. In the same way, psychology can act as a guide for my future as well, because wherever there are a lot of people, there is a dire need for psychological discipline to overcome attitude and behavioral complexes.

**Discussion**

Psychology as a career is more like analyzing human understanding of that particular career and let the other person get in touch with what is required of a place. In a simplified form, psychology paves the way for psychological understanding that directly highlights and fulfills the need of "workplace diversity”, “positive attitude” and making the work area “a happy place”. Today, psychology is not studied as a subject that can direct ways and means to understand and deal with psychological patients only, in fact, psychology has become a professional course that plays a central role in making the mindset and then the working decorum of the place. There are a lot of advances and positive aspects associated with psychology that can help me in my future career (Seligman, et al.pp. 1-23).

Psychology is not just a subject, it is a coaching module that trains and teaches, what is required of a man at a particular time. Psychology can help me elaborate on my future goals because psychology is not always about the others. Psychology initiates analysis from self and it is the only subject that behooves an individual to think. While studying, I underwent different exercises that helped me understand my potentials, as well as, directed me to work on my weaknesses. Currently, I am just a student and I see psychology doing wonders for me in the form of different exercises and techniques such as “perception”, senses” and the understanding of what is portrayed. The analogy of “half glass full" is one of the simplest examples that I gained by studying psychology. If a study can bring such massive changes in general, then it is obvious that an exegetical analysis can add to my knowledge and it will benefit me in return.

It is obvious that the real crux of anything learned, is obtained when it is brought into practice such as medicines. Psychology is no less than medicine because it not only teaches while studying but there are numerous milestones to be achieved in the practical implication of the course. It is highlighted that psychology, as a subject, is a tool that can impart analysis and understanding of myself with respect to what is happening around me. I feel, in future, I would be able to understand behaviors and attitudes in a far better way as compared to other people because psychology enables a human to dig deeper into the depths of knowledge and make decisions that are perfect for that particular aspect.

As I am studying “Physical therapy assistant", it is evident that I am going to be responsible for several minds and mindsets at the same time in my future, firstly, the physician and then the people who will come to seek therapy. Problem occurs when expectations are misunderstood or there is a gap in communication. Also, there are a lot of distances when human language fails to describe and then human behaviors are the only available description. Psychology allows understanding as to how human articulation is situational and how human attitude is the product of something to which they are continuously exposed.

In the same way, I observed that there are a lot of patients who are misunderstood in terms of their perception and it leads to some physical pain that may appear to be a serious medical concern in future. This analogy can be connected with the fact that depression and overthinking can cause stomach disorder, in the same way, mental glitches can result in some physical pain, and physical therapy is meant to soothe that physical pain (Rathus, et al.). The only way to overcome such pain is to alter the mindset and series of thoughts paving the way for that issue. Here, it is important to note that psychology is not confined to the realms of mindsets and thoughts only, in fact, it is a mental order that can assign arrangement to the mental disorders.

It is also a common observation that there are a lot of people who lack motivation and psychology is all about the emotional support that can help others to achieve what they want to. In the same way, none of the disability is actually a disability, in fact, ability is an understanding that one is not able to do so, whereas disability is just an illusion. There is a wisdom in the saying that “humans are the most special creation in the world”, asserting the hidden theme of extraordinary abilities that a human has (Rathus, et al.). With the help of psychology, in fact, understanding psychology, I can let a lot of people believe that their inability requires a minor push in the form of initiative, and it would support them forever.

Psychology teaches, how humans are the products of their thought pot and the same concept can be found in a realistic version in physical therapy. There are a lot of patients who became psychologically disturb when they came to know that they are not able to do this or they will not be as independent as the other members of the society and family. Many of the people take it as a dilemma, leading to mental disorders such as anxiety and depression. It is one of the most critical and thought-provoking aspects of medical sciences. Humans have the extraordinary potential to modify their speech in whatever tone they want and it is an important fact in medical science as well, because all physicians are an emblem of hope. There is no other extreme destruction other than the torment that patients go through when they are told that their illness cannot be treated. In my future, psychology can help me amend this belief and understand how one can drag someone out of the pedestals of death by the light of positive conversation and signifying hope. Physical illness is one of the most disturbing things and in such a case, I can tell the patients that they are better and they will be recovering soon.

One of the most effective and significant concepts is "positive reinforcement" which is the reason that this world goes on. Although this term is strictly limited to the realms of psychology, actually it is a multidisciplinary concept. In fact, there is a dire need to incorporate this concept in daily life activities, as positive reinforcement can redirect reformation. In my future, I can use this term as a tool to let the patients recover more quickly, as compared to be treated under the impact of psychical therapy, alone. I believe none of the therapies are more strong and effective than the emotional therapy that can do wonders to the patients and make them understand that they are capable of doing anything, they are no less and they can recover soon.

Another important aspect to be considered in the role of psychology in my future, is the amendment of thoughts. I think none of the professions can be successful, until or unless, it is supported by some psychological understanding because human psychology plays a central role in designing both human conduct and human qualities. In my future, psychology can play a central role in redirecting human thoughts to positivity. I can help the patients in how they can strive to find a positive angle from the entire negative situation and believe in the positivity, which will definitely result in a blessing, sooner or later. It is also important to note that being a physical therapy assistant, I can spread those virtues that are retrieved from psychology.

Psychology can be used as a tool to alter situations as per the requirement of the individual. There are a lot of people who are arrogant and they cannot withstand the softness of a general assistant. In understanding the psychology of patients, I can play a major role to facilitate them in a way that is suitable for them as well as per the requirement of the patient. Here, it is important to note that this notion of altering behavior and situations is one of the options that can connect psychology to the other disciplines of the world such as organization, schools, and veteran campaigns. Psychology is not just a discipline, but a flexible framework that can adjust any attitude and behavior. It is highlighted that after studying psychology, I can see myself as a real facilitator. There are a lot of patients who keep on changing their physicians because they cannot get the requited understandable person who can justify the reason and propose a satisfactory solution.

The job of a physical therapist or assistant physical therapist is not just limited to the therapies that are given to the patients so that they can recover. In fact, we are the hope dealers who can let someone curb the fear of pain, with an aim that they are doing well and they can improve in future. Being an assistant therapist, I can help the patients with their exercises, making them believe that they will recover soon. Also, it is found that usually trainers or assistants are too harsh or cruel to the patients, they treat them alike. In contrast, the job of a physical therapy assistant is to address the requirements of a patient by fulfilling his or her needs and supporting him or her. Psychology teaches us the ways to address people in a clinal setting and the same lessons can be used to treat and help patients when they come for physical therapy.

Another important role associated with assistant physical therapy, is to observe. It is the angel with which our observations can shape the actions and the future directions of the patients. There are a lot of people who are least expressive, especially old people who are unable to communicate. In such scenarios, psychology is required to understand and observe the patients so that unsaid and unexpressed issues can be traced with by reading the expressions and gestures. It is one of the attributes that can help me to perform my duty well, because there is no future of my profession if we fail to understand what is required of us and how we can perform our duties, effectively. Psychology also directs “emotional concern”, while studying the human mind and attitude, we learn a lot of human responses and how humans proceed to different situations in the world. This ideology is specifically required in training and helping patients perform some exercises.

Psychology when considered as the study of human mind and behavior, leaves behind the significance of understanding human psychology. In my career, in future, I will stick to "the underlying significance of understanding human psychology”. I will be using my career as an approach that can help me understand how I can help the physician to understand the psychology of patients because most of them are of old age, and distorted mental conditions is one of the characteristics of older age. So, I can use my knowledge to understand the mentality of an oldie, how they find things and situations compatible with them, and how we can use those situations to help them recover. It is highlighted that psychology has an open dimension for practice, one can use it in both ways, either positive or negative, the matter of fact is the positive use. As psychology can help to set a mindset and set the stage for all the beliefs, so, it can help me make old people realize that there is no end to their physical potential. They are the same, all that is required of their age is the effort that can keep them fit. I see my future more of a motivator and public speaker in my field, who can be a lantern of hope, more than someone who can impart training instructions and techniques.

Psychology is also called a subject that breeds “analyst(s)” and being an analyst in my profession, I can use my knowledge to mitigate negativity and impart positivity. It is highlighted, that one of the concepts in psychology is that “your surroundings are your first instructor”. Following this, it is highlighted that psychology can help me create a positive setting for the patients. One of the responsibilities of the assistant physical therapist is to make the surroundings clean and tidy for the patients. Cleaning and tidiness also include other additional settings that can add to the scene of neatness and it is the neatness of environment. Psychology can help me create a setting that can impart a positive feeling to the patients, the patients will automatically feel encouraged and motivated and they will definitely strive for their goals.

My career requires me to be effective in the use of devices such as “crutches”, canes” and “prostheses”. I can use all these devices in accordance with psychology. Here, the efficient use of devices, refers to the understanding of devices as the last support, not as the only support. One of the weaknesses in society and the medical setting is that physicians use devices as compulsions, making an individual dependent on devices which is the most critical torment that can be done on a human being. Here, psychology will help me to analyze when a device is actually required. There are a lot of people who only need emotional and psychological devices, and carefree analysis makes them dependent on physical objects. According to one of the researches conducted in Japan, it is asserted that the patients recover early because they are taught not get support from some physical objects, and they are continuously buffered by the idea that they are recovering which is one of the reasons of prolonged life expectancy of the people in Japan (Compton, et al.).

Psychology behooves people to understand that they get what they seek because the brain is the central system that directs all actions. When one is clear about the adequacy of will and how their inner self can help them achieve anything, there is the least requirement of any kind of physical training. Also, motivation along with physical training is a myriad of progression that an individual can attain, at any stage of life. So, psychology can play a central role in making me realize how I can help the patients overcome the stigma that they are too fragile and feel doomed with, to recover. In fact, using periodical, magazines, and positive imageries at the training and exercise place, psychology can help me give birth to the inner self of people that can help them overcome any type of gap.

There are a lot of cases in which motivation is more like adding fuel to the fire of pain because there is an end to the area where motivation can work. In such a case, psychology plays a central role in imparting the moment of realization and situation analysis can help me analyze what is the best strategy for the patient. Here, it is important to note that an adequate analysis can help me realize what is actually required by the patient, from the result gained from the observations. Psychology imparts the skills that can help to analyze and understand what the current situation of the patients is and how much are the chances of someone to proceed with the motivational tools and reach his destination.

It would not be wrong to say that psychology as a subject is not just a code for knowledge that teaches various lessons, but it imparts the ability to be aware of, and judgmental towards the happenings in life. I think psychology is the only course that adds to the flavor of life because one can quickly impart and practice whatever is learned, also it makes an individual aware of the surroundings. What actually lacks in our generation is the awareness and knowledge which can help them know of whatever is happening around, so in future, I see myself as someone eligible to be critical about life, society and the attitudes of people under the impression of psychology, because whatever we are taught is very realistic and most of the facts are either unnoticed or extremely serious phenomena. The understanding of human behavior and attitude coupled with a technical approach can bring a lot of improvements in the world. Also, it plays a central role in analyzing and understanding the ways of the future because psychology opens us to the new dominions of the world, such as other fields where a practical skill is required. A common example of this proposition, is the introduction of new departments such as education psychology, relationship psychology, and career psychology.

**Conclusion**

Psychology is one of the subjects that is multifaced and it is a compulsion in all the aspects and dimensions of life. It is so, because psychology brings a student close to human nature and human attitude that plays a central role in shaping the world. Psychology can help me a lot in my future because the lessons that I learned from psychology can add to the effectiveness of my career as an assistant physical therapist. Psychology can help me in different ways, such as altering patient attitude, understanding them, analyzing the condition and requirement of the patients and make the therapy center a place of hope and upbringing, rather than dependency on devices and a saddened approach to life. Also, psychology can help me define the dimensions and expansions in my career in terms of career upheaval and a positive approach to patients.

**Work Cited**

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