Applying psychology to my life

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

Psychology is one of the most influencing things in our life. It involves the study of both mind and behavior and it gives a great opportunity for learning about a person's life. Psychology is everywhere as all the individuals are shown behavior that could be studied for knowing about a person. Various key concepts in psychology are listed below.

**Concept of interpersonal relations**

In psychology, it has been witnessed that interpersonal relationship highlights the bonding, a close association between two or more people. Nature of the relation may vary i.e. family, marriage, friendship and acquittance with co-works and neighbors, etc.

Veritably, our behavior is greatly influenced by various factors and interpersonal relations have always been one of the main driving forces that shape up my behavior. In my case, I have seen that my behavior is dependent on how close bonding I have with a person. Relations greatly defined the ways I treat people. I have observed that the more I get close to a person, the more sensitive start feeling about that person (Wang, 2018). whenever I found myself in the company of close people who understands me and helps in finding a positive perspective in every aspect of life, I start feeling positive. For me, my interpersonal relations, categorize my behavior towards people. I behave differently with my friends, siblings, and colleagues, etc. I never behave uniformly with everyone.

**Motivation and emotion**

Motivation is a kind of force that helps in energizing and activating behavior. Kind of motivation a person would be having his behavior would be based upon it. Taking a look at psychology, emotions refer to the subjective or the conscious experience that is characterized by biological relations, mental conditions as well as states, psychological or physiological expressions. it is something different from feelings as feelings are subjectively represents emotions which means that every person has its private feelings. Arousal of both emotions and motivations energize and shapes up the behaviors of an individual. According to the Thayer, Newman, and McClain emotions are linked with motives as human do things that they believe would be led to happiness.

My motivation used to drive me what I have to do and how I have to do. I have molded my behavior as per my motives and goals. Motivates are the source of my inspiration that design my behavior. Emotions have always been a weaker part of my life that influences my behavior. Being an emotionally unstable person, sometimes I become difficult for me to predict how I am going to behave in the next moment. Emotions pump up my behave, and makes me do a thing. Sometimes, I don’t want to do certain things but being emotionally weak, I am forced to do things despite considering whether I am happy doing that or not.

**Positive reinforcement, negative reinforcement, and punishment**

In psychology, basic work on reinforcement and punishment have been done by B.F. Skinner. Reinforcement means encouraging or increasing a specific behavior while on the other hand, punishment is a concept being used in psychology for discouraging the designed behavior.

I have observed that reinforcement and punishment are one of the concepts that restricted me to certain types of behavior. Since my childhood, I have been trained about behavior that was acceptable in our society (Cairns, 2018). When I was a young child, behavior that my parents wanted me to develop in me, was appreciated and positively reinforce.

 On the other hand, when I used to do some inappropriate thing, I was discouraged by my parents as they don't want me do adopt. Even now when I behave inappropriately, the response from others gives me a reinforcement (positive or negative) that whether that behavior should be adopted or should be avoided. Currently, being an employee of an organization, whenever I used to do something exceptional, my boss rewards me that shows I need to keep that thing get going but sometimes I used to be punished in the form of deductions when I used to do something unacceptable by others.

**Health psychology, stress, and other mental health issues**

 In Health psychology, the study of mental and behavioral processes is done for knowing and healthcare. Stress and other mental health issues can directly affect the behavior of a person. Stress when goes for the long term, mental health issues arise that influences the behavior of an individual. My mood and behavior are greatly molded by my current psychological conditions. Mental health paves the way how we treat others. Both biological and environmental factors affect my behavior. In my case, whenever I feel stress, I started losing control over my behavior (Bailey, 2019). In stress, I even cannot pay attention to things that go on in my surrounding. Sometimes, I react without taking a moment and respond to various situations when stress. Health issues determine the way a person is going to react in a situation and under depression I sometimes, I don’t act like myself. Mental health issues affect the patterns of my behavior. I am not good at feeling stress so under stress I behave unnatural, erratic and out of character that sometimes creates a problem as stress leads me towards mental health issues like depression, anxiety, and Alzheimer, etc.

References

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