Your Name

Instructor Name

Course Number

Date

Observation 2 Adulthood

Human beings are complex creatures. This complexity is caused due to the presence of thinking, feelings and emotions in them. Every person or individual has different kinds of emotions and feelings and has a different way of exhibiting them. People tend to behave differently in different situations. This behavior represents their nature and mindset. The study of these behavioral patterns and nature of an individual is called psychology.

Psychology is the study of behavior and minds. Psychologists tend to study the conscious and the unconscious mind, in addition to feelings and thoughts. Being interested in the area of medicine, especially in the field of physical therapy, it is extremely important for me to understand the mindset of different kinds of people, so that I can treat them better. In order to do so, I decided to attend a social gathering at the community level in order to observe people of different age sets. This element of different age sets was necessary because I wanted to observe the various patterns of psychological development in an individual over a period of time (McLeod).

The social gathering selected for them was a play area at a local park where I used to go regularly. I used to see individuals belonging to different ages, genders, and races in the park but never observed them with a psychologists' eyes. I observed children of various age groups playing and showing different kinds of temperament stages as proposed by Thomas and Chess ("Child Temperament"). Moreover, there were adults in the park having a picnic or a party in a very happy mood. I could see females and males exhibiting a slight difference in the patterns of showing emotions at every occasion or instance (Kohlberg). Overall, it was a very good experience and in my opinion, these observations will be really helpful in my life, especially in my career as a Physical therapist.

**Works Cited:**

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