Does Psychology Make a Significant Difference In Our Lives?

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**Research Question**

The article critically examines the impact of psychology in shaping daily life and pertinent matters. Essentially, the manifestations of psychology as per their influence on communities, social matters, health, family and advancement of human beings are examined. The author draws conclusions after evaluating a wide range of variables and trends observed in the development and influence of psychology. The conclusion stipulates the potential implications of psychological research, future prospects and the valuable advancement stemming from the legacy of the psychologists. Both modern and ancient trends and repercussions of psychology are thoroughly discussed to present the evidence and draw a concrete conclusion.

**Introduction**

The author initiates to address the repercussions of psychology by stating personal experience. The accomplishments and milestones of psychology are highlighted to prove the point. Empirical evidence and certified references have been utilized to remove ambiguities. For instance, the psychological research to comprehend the human talents and potential are mentioned and supplemented with the old research made by Alfred Binet a hundred years ago (Zimbardo, 2004). Moreover, the article builds the argument after deriving substantial material from the previous researches. The article itself reflects a comprehensive literature review of a number of research and empirical studies. One of the fundamental objectives of the argument related to the importance of psychology is the instrumental role of psychologists. Education, parenting, positive behavioral changes and the psychological therapies are the prominent attributes which further answer the research question in an explicit manner. The author has performed an extensive research and has left no stone untouched to prove the subject of the article. In excess of fifty references and the research of pertinent researchers have been utilized in the research article. The inclusion of socio cognitive theory of Albert Bandura is the manifestation of the potential arguments offered by the author.

**Methodology**

 The article establishes the argument to prove the immense significance of psychology in all walks of life from the research published by other researchers. Thus, the author harnesses the peer reviewed articles and researches to conduct the study. None of the population or participant was part of the research(“Article Critique Guidelines,” n.d.). Since the argument was deliberating the potential impact of psychology in inducing a positive change for the community, a diverse range of previous researches has been referenced. While critically appraising the article, it is imperative to mention the personal affiliation of the author. A wide range of research covers the personal reflection of the author as he was a psychologist. For instance, both pervasive and specific applications of psychology are underpinned to demonstrate the changes psychology has introduced in the life of people. The American Psychological Association (APA) has remained the center of the study throughout the research as the author remained the president of the association in 2002. A scientific approach has defined the approach of the author which constituted the work of previous and contemporary work of psychologists.

**Discussion**

The scientific approach used by the author speaks volumes to prove the point. The positive contributions of psychology in diverse fields as healthcare, medical science, personality assessment and development, therapeutic practices, entertainment and the application of knowledge serve the purpose thoroughly to substantiate the argument of the author. For instance, the ramifications of magic of touch were also discussed. The author emphasized how touch therapy advances to save medical cost well above $10,000. In the end, a potential conclusion is drawn. The spirits of positive forces of psychology are discussed with a definite tribute to the contributions of psychology in daily life. Furthermore, the article gave a direction for the future researches(“Social Sciences | Blinn College,” n.d.). The field of positive psychology was the prominent path of future studies stipulated in conclusion.

**Personal Reaction**

The article is a valuable source for underpinning the positive influence of psychology in daily life. Essentially, psychology has advanced to cast significant impact to offer comfort and nourish the development and comprehension of human beings. I learned that even the implications of family planning were associated with psychological theories. Had these theories not been implemented, the population bomb may have exploded to a further extent. It is an intricate matter and is specifically mentioned here to stress upon the in-depth analysis offered in the article. Even before critically evaluating the article, I was a staunch admirer of the psychological manifestations and positive impacts in diverse dimensions. The critique on the article has strengthened my belief and passion for psychology. However, the research refrained from discussing the adverse or contentious aspects of psychology. A substantial difference exists between several schools of thoughts in determining the true essence of several psychological theories, their interpretation and credibility. The argument of the article explicitly aimed at proving the research question and thus refrained from deliberating the contentious side of psychological principles.

**References**

The references used in the journal article were in excess of fifty and from reputable sources. In-text citations were thoroughly mentioned and mostly the work of renowned researchers and psychologists were utilized by the author. The article was published in the year 2004 and the diverse peer-reviewed articles, both old and recent, were the part of the journal article.

References

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