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Psychology Research

History and social impact

Why is psychology important in our lives?

Wilhelm Wundt opened the institutes for experimental psychology. Located at the University Of Leipzig in Germany in 1879. This was the first laboratory dedicated to the study of psychology. It's opening is usually thought of as the start of modern psychology. Psychology is the scientific study of the mind and behavior of humans and animals. Psychology gives us a deeper understanding of our actions as well as others. Psychology is important in our daily life because it can help people come to peace with certain behaviors. Psychology is what helps people understand mental illness such as depression. Psychology helps us understand human development. It gives us answers for behaviors you didn't know had answers. The main goals of psychology is to describe, predict and control the behavior and mental processes of others. Understanding how your brain and mind works on every day basis can allow you to build strong relationships and make better decisions. Psychology offers tips and strategies that helps people get motivated. As humans we need motivation to keep on striving.

History of psychology and important people who worked with psychology:

The word psychology has a Latin background with the definition of the study of the soul. The definition evolved and now it is the science of behavior and mental processes. The earliest history of psychology can be traced back to the times of early Greece. Muhammad Ibn Zakariya Al-Razi one of the first people to describe mental illness and even treated patients in a early version of a psych ward .The science of psychology was introduced in the late 19th century. Wilhelm Wundt a German scientist was the first person to be referred to as a psychologist. He views psychology as a scientific study of conscious experience. He believed the goal of psychology was to identify components combined to result in our conscious experience. He called it internal perception a process in which someone examines their own conscience experience as objectively as possible. Making human minds like any aspect of nature that science observes. This was attempted to understand the structure of characteristics of the mind known as structuralism. Sigmund Freud Was a Austrian neurologist who was fascinated by his patients suffering from hysteria. Hysteria is excessive or uncontrollable emotion such as fear, anger etc. Freud came up with the theory that many of his patients' problems arose from the unconscious mind. Freud believed the access to the unconscious mind would be through dreams. Important psychologists are B.F skinner, Jean Piaget, Albert Bandura, Ivan Pavlov and Erik Erikson. There's many more but these are the five I choose to focus on. BF Skinner was an American psychologist known for his influence on behaviorism . Behavioralism is the message of the science of animal and human behavior. Jean Piaget Theory of cognitive development explains how a child constructs a mental model of the world. Albert Bandura had a social learning theory which emphasized the importance of observation and modeling behaviors attitudes and people's emotional reactions . Ivan Pavlov is known for his work in classical conditioning. Classical conditioning is forming an association

between two stimuli resulting in a learned response. Erik Erikson was a psychologist who believed people undergo eight stages of development. The 8 Stages takes place in different age frames.

Discourse communities:

The discourse community that is connected to this genre is psychologist, cognitive psychology ,educational psychology, consumer behavior and counseling psychology. This discourse community communicates through hypothesis and testing theories. To be a part of this community you need to be able to answer questions about the development of the human and animal mind. Also why certain behaviors occur. To join this discourse community you need to add on theories scientifically proven based on the development of animals and humans. You have to be able to prove and justify certain behaviors.

Rules and messages:

What are the rules or forms of psychology? There are seven rules in psychology that can help you live a better life. Rule number one everyone in your life reflects your personality and character trait. Whether it's the ones you love about yourself or the ones you hate. Rule number two everything good or bad that is happening in your life it's a result of choices you made throughout your life. If you want to change, make different choices. Rule number three you need to understand that everyone makes mistakes, it's about what you do to recognize and fix them. Rule number four prioritizes your goals and if you want to achieve a lot in life set goals higher than what you expect yourself to reach and work towards the goal. Rule number five is don't live thinking about what people owe you. Be a good person for yourself, don't wait for someone to do something for you in return. Rule number 6 is don't dwell on the past and live for now in the

future. Rule number seven be happy stop looking for the bad and situation and think God for the good. These are the rules of psychology that can guarantee a happy life.

What is the main message of your chosen example? Do they all have the same kind of message?

The Five examples I've chosen are 5 very important psychologists. B.F skinner, Jean Piaget, Albert Bandura, Ivan Pavlov and Erik Erikson. These psychologists focused on different aspects of the human mind and development but they have the same message. They want to provide people with answers about different aspects of the human mind. The main goal of psychology is to be able to improve human behavior after figuring out the cause of certain behaviors. Psychologist main goal is to help people live better lives. Understanding psychology will help you understand human behaviors and will better your interaction with people.

Focused analysis:

The definition of dreams vary based on cultural and religious backgrounds. In Islam dreams can be a method of obtaining information about the future and about the past. Muslims believe most dreams are influenced by physical surrounding or mental states. Christians believe that dreams are messages sent from god to convey messages. Dreams are subconscious imaginings that contain sounds, images and other sensations while you sleep. Dreams happen during REM sleep. REM sleep stands for rapid eye movement sleep. Which is a phase of sleep seen in mammals and birds. People into REM sleep within the first 90 minutes of sleep. During REM sleep the brain is almost as active as it is when you are awake. Breathing can become heavy, fast and irregular. REM sleep is usually associated with vivid dreams. This is due to the increase in brain activity. Dreams can be about anything. They can be strange ,magical or even scary. Horrifying dreams

are called nightmares. Dreams vary and sometimes they can last for a few seconds and some may last up to 20 to 30 minutes. Some dreamers are able to recall dreams after the fact because they have been woken up whilst in the REM sleep phase.

We can have up to seven dreams and forget them all if they were long. Sigmund Freud was one of the first psychologists to study dreams. His theory was that dreamers dream of wishes they wanted to be fulfilled. Sigmund Freud suggested that the content of dreams is related to the wishful fulfillment. Freud describes four elements of this process that he referred to as dream work. Condensation which he refers to the different ideas and concepts that are represented within the span of a single dream. The information is condensed into a single word or image. Displacement is the element of dream work that disguises the emotional meaning of the dreams by confusing the important and insignificant parts of the dream. Symbolization which is the operation that represses the ideas contained in the dream by including symbols. Secondary revision during the final stage of dreaming Freud suggests that in order to make dreams comprehensible dreams need to be reorganized to generate the content of the dream. Carl Jung is another psychologist that has a theory of dreams. His dream theory is that change reveals more than the concealment. He suggested that dreams are the work of integrating our conscious and unconscious lives. He called his process and individualization. Carl Jung felt that dreams are more than expressions of repressed wishes. Calvin Allport is another psychologist that studies dreams. His proposal well said that dreams are a part of a cognitive process in which dreams serve as conceptions of elements of our personal lives. He looks for themes and patterns in dreams, eventually creating a quantitative coding system that divides our dreams into categories. His ultimate goal of dream interpretation is to understand dreamers and not the dreams There are

eight different types of dreams. Number one Lucid dreams. Dreams are aware that they are dreaming during Lucid dreams. During lucid dreams dreamers gain some control over the characters and environment of the dreams. Number two nightmares. Nightmares are frightening dreams which can be caused by watching or reading scary content. In children it's a regular development stage. Number three recurring dreams. Recurring dreams are dreams that you have many times. Number four healing dreams. Healing dreams are dreams in which you learn something important or learn something you must do. Number 5 prophetic dreams, dreams that involve seeing symbols or events hinting at the future. Number 6 daydreams. Daydreaming is when your mind wanders and your attention shifts from whatever task you are doing to something else. You don't need to be sleeping to have a daydream. Number seven signal dreams. Signal dreams help you solve problems and make decisions in life. Last but not least epic dreams. Epic dreams are dreams with a long storyline sometimes they can continue into the next day. The intended audience for the theories of dreams are dreamers. People wanted to know why they dream. This is important to society because sometimes people have dreams of what will happen in the future and they have dreams about what they should change in the future. The concept of dreams is very important and the theories these psychologists came up with were helpful to humans. Even though no one really knows why we dream, they came up with reasonable answers and provided scientific evidence to back it up. Psychologist try to help people come to peace with certain behaviors. People dream all the time and may not know the different types or the cause. I hope after reading this paper you find answers.

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