

Assignment

Application & Future of Psychology in Bangladesh

Introduction to Psychology
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What is Psychology?

Psychology is the science of the mind. The human mind is the most complex machine on Earth. It is the source of all thought and behavior.

Psychology is the scientific study of mental processes and behavior. Psychologists observe and record how people and other animals relate to one another and to the environment. They look for patterns that will help them understand and predict behavior, and they use scientific methods to test their ideas. Through such studies, psychologists have learned much that can help people fulfill their potential as human beings and increase understanding between individuals, groups, nations, and cultures.

Psychology is a broad field that explores a variety of questions about thoughts, feelings, and actions. Psychologists ask such questions as: "How do we see, hear, smell, taste, and feel? What enables us to learn, think, and remember, and why do we forget? What activities distinguish human beings from other animals? What abilities are we born with, and which must we

learn? How much does the mind affect the body, and how does the body affect the mind? For example, can we change our heart rate or temperature just by thinking about doing so? What can our dreams tell us about our needs, wishes, and desires? Why do we like the people we like? Why some people bashful and others are not shy at all? What causes violence? What is mental illness, and how can it be cured?"

Application of Psychology

Psychological knowledge is applied to various spheres of human activity, including issues related to everyday life—such as family, education and employment—and to the treatment of mental health problems. Psychologists attempt to understand the role of mental functions in individual and social behavior, while also exploring the underlying physiological and neurological processes. Psychology includes many sub-fields of study and applications concerned with such areas as human development, sports, health, industry, media and law. Psychology incorporates research from the natural sciences, social sciences and humanities.

Health Psychology

Health psychologists work alongside other medical professionals in clinical settings, work on behavior change in public health promotion, teach at universities, and conduct research. Health psychologists conduct research to identify behaviors and experiences that promote health, give rise to illness, and influence the effectiveness of health care. They also recommend ways to improve health care and health-care policy. Health psychologists have worked on developing ways to reduce smoking and improve daily nutrition in order to promote health and prevent illness. Health psychology is also concerned with contextual factors, including economic, cultural, community, social, and

lifestyle factors that influence health. Critical health psychologists explore how health policy can influence inequities, inequalities, and social injustice. Health psychologists attempt to aid the process of communication between physicians and patients during medical consultations. There are many problems in this process, with patients showing a considerable lack of understanding of many medical terms, particularly anatomical terms (e.g., intestines). Getting people to follow medical advice and adhere to their treatment regimens is a difficult task for health psychologists. People often forget to take their pills or are inhibited by the side effects of their medicines. Health psychology attempts to find treatments to reduce and eliminate pain, as well as understand pain anomalies such as episodic analgesia, causalgia, neuralgia, and phantom limb pain.

Social Psychology

Social psychology looks at a wide range of social topics, including group behavior, social perception, leadership, nonverbal behavior, conformity, aggression and prejudice. It is important to note that social psychology is not just about looking at social influences. Social perception and social interaction are also vital to understanding social behavior. The government also became interested in applying social psychological concepts to influencing citizens. Social psychology has continued to grow throughout the twentieth century, inspiring research that has contributed to our understanding of social experience and behavior.

Cross Cultural Psychology

Culture refers to many characteristics of a group of people, including attitudes, behaviors, customs and values that are transmitted from one generation to the next (Matsumoto, 2000). Cultures throughout the world share many similarities, but are marked by considerable differences. For example, while

people of all cultures experiences happiness, how this feeling is expressed varies from one culture to the next. The goal of cross-cultural psychologists is to look at both universal behaviors and unique behaviors to identify the ways in which culture impacts our behavior, family life, education, social experiences and other areas. Today many foreign companies are coming for business and they recruit people from our country as well as the foreign employees. In that case that field can play a vital role. Giant companies in our country still didn't stated to practice, but its importance is not less.

Industrial Organizational Psychology

Industrial organizational psychology is the branch of psychology that applies psychological theories and principles to organizations. Often referred to as I/O psychology, this field focuses on increasing workplace productivity and related issues such as the physical and mental well being of employees. Industrial organizational psychologists perform a wide variety of tasks, including studying worker attitudes and behavior, evaluating companies and conducting leadership training. It is mostly used in various areas like: Product design, Employee testing, Leadership, Workplace diversity, Workplace performance, Employee motivation etc. The application of this filed is mostly seen in government service interviews.

Clinical Psychology

Clinical psychologists often work in hospitals, private practice or academic settings. Clinicians are trained in a range of techniques and theoretical approaches. Some specialize in treating certain psychological disorders, while others work with clients suffering from a wide variety of problems. Clinical psychologists treat some of the most severe psychiatric disorders such as schizophrenia and depression. In addition to working with clients, clinical psychologists have to keep detailed records of client assessment, diagnosis,

therapeutic goals and treatment notes. These records help clinicians and clients track progress and are often needed for billing and insurance purposes. Already that field of psychology has vastly used in different medical sectors and some other areas for last some years.

Abnormal Psychology

Today we are living in the globalization era. We are communicating globally and this communication is taking place for various reasons. Whatever is the reason making effective communication is essential. To have an effective communication one must have to know about human psychology. Studying abnormal psychology can help one to know about one's behavior and it also suggests how one has to behave with him to make an effective communication with him /her. In our society there are many people who need the support of this field. By the support of psychologists we can make a better society. There are not enormous practices of this field in our country.

Cognitive Psychology

There are numerous practical applications for cognitive research, such as ways to improve memory, how to increase decision-making accuracy, and how to structure educational curricula to enhance learning. Though this one still don't have a lot of usages in our country prospect but let's have a short look which people can be benefited by this field: Students interested in behavioral neuroscience, linguistics, industrial-organizational psychology, artificial intelligence and other related areas; teachers, educators and curriculum designers can benefit by learning more about how people process, learn, and remember information and engineers, scientists, artists, architects and designers can all benefit from understanding internal mental states and processes.

Comparative Psychology

Comparative psychology often utilizes the comparative method to study animal behavior. The comparative method involves comparing the similarities and differences among species to gain an understanding of evolutionary relationships. The comparative method can also be used to compare modern species of animals to ancient species. The study of animal behavior can lead to a deeper and broader understanding of human psychology. Research on animal behavior has led to numerous discoveries about human behavior. Students of biological sciences and social sciences can benefit from studying comparative psychology. This field mostly covers Major Topics in Comparative Psychology: Evolution, Heredity, Adaptation and learning, Mating and parenting behaviors and Primates. In our country this is mostly used in research and study.

Human Factors Psychology

Human factors work to apply principles of psychology to designing products and creating work environments that boost productivity while minimizing safety issues. Human factors psychology is generally very applied, with most employed in this area working directly in the field. Psychologists working in human factors spend much of their time performing research and applying what they know about human behavior, perception and cognition to create more usable products and work environments. Human factors psychologists help others by developing products that maximize usability and working to improve worker safety and efficiency.

Political Psychology

It analyzes political science as related to entities such as voters, lawmakers, local and national governments and administrations, international

organizations, political parties, and associations. While the grammar of "political psychology" tends to stress psychology as the central field, the discipline could also be accurately labeled "the psychology of politics," so as to more evenly recognize the interdisciplinary nature of the field. It doesn't have huge usage in our country but sound political research requires that.

Positive Psychology

Practical applications of positive psychology include helping individuals and organizations identify their strengths and use them to increase and sustain their respective levels of well-being. Therapists, counselors, coaches, and various other psychological professionals can use the new methods and techniques to build and broaden the lives of individuals who are not necessarily suffering from mental illness or disorder.

Personality Psychology

Personality is made up the characteristic patterns of thoughts, feelings, and behavior that make a person unique. Personality arises from within the individual and remains fairly consistent throughout life. This field deals with personality and mostly used in company's Human resources practices.

Psychophysics

Psychophysics can be used to produce scales of human experience of various aspects of physical stimuli. Take for an example the physical stimulus of frequency of sound. Frequency of a sound is measured in hertz, cycles per second. But human experience of the frequencies of sound is not the same as the frequencies. More analytical approaches allow the use of psychophysical methods to study neurophysiologic properties and sensory processing

mechanisms. This is of particular importance in human research, where other (more invasive) methods are not used due to ethical reasons.

Future of Psychology in Bangladesh

Though we see a lot of use of Psychology in our society but still it's not that much demanding subject and may be for that reason the private universities and other institutions are not that much interested to introduce that course. Though still many institutions and private universities have Psychology course in little extent but it need to be extend more with much importance. We have vast opportunities to utilize that subject and we have potential people to work on it. Human mind is very critical and hard to understand; so understanding one's behavior and using it properly definite bring fruit to all and add a new dimension in our social context and productivity. We have orientations with many foreign countries's culture and they are, especially the developed countries are gaining success using Psychology. So, soon this subject going to get higher acceptability and importance in our society and people will be attracted to study on Psychology for better life and professionalism. We can wait for the day, because it's not so far ahead from today.

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