

MODULE I

INTRODUCTION TO PSYCHOLOGY

The field of Psychology - Definition – Goals of Psychology. Origins of Psychology. Biological origins: Darwin, Genetics - Philosophical origins: Early Indian and Greek thoughts, Major ideas of Descartes, Locke – structuralism – functionalism – gestalt school – psychoanalysis- behaviorism. Major subfields of Psychology – Applications of psychology.

The Field of Psychology

Psychology is an academic and applied discipline that involves the scientific study of mental functions and behavior. The main aim of Psychology is to understand individuals and groups by establishing general principles and researching specific cases, and ultimately aims to benefit society.

Psychologists study human as well as animal behavior. To understand what motivates behavior, psychologists study what happens in their bodies and in their brains while involved in various activities.

Psychologists attempt to understand the role of mental functions such as attention, perception, cognition, emotion, learning, motivation, personality, interpersonal relationships etc. in individual and social behavior. They also explore the physiological and biological processes that underlie mental functions and behavior.

Definitions

The term psychology comes from two Greek words *psyche*, which means soul and *logos* meaning knowledge or study of a subject. These two Greek roots were first put together in the 16th century to refer to the soul, spirit, or mind, as distinguished from the body. By 18th century, psychology acquired its literal meaning *the study of mind*.

Psychology has been described as a ‘hub science’ because most of the psychological findings connected with research findings and perspectives from the social sciences, natural sciences, medicine, and the humanities such as philosophy.

Psychology is the scientific study of behavior and underlying mental processes. *Behavior* includes all of our outward or overt actions and reactions, such as talking, facial expressions, and movement. The term *mental processes* refer to all the internal, covert activity of our minds, such as thinking, feeling, and remembering.

Recently, Psychology may be defined as *the scientific study of mental processes, experiences, and behaviors*.

GOALS OF PSYCHOLOGY

The goals of the psychology are to describe, explain, predict, and control behavior. For this purpose, psychologists conduct basic research in psychology. The applied psychologists have a fifth goal i.e., to improve the quality of life.

1. Describe Behavior

The first step in understanding anything is to describe it. *Description* involves observing a behavior and noting everything about it: what is happening, where it happens, to whom it happens, and under what circumstances it seems to happen.

The description is based on careful, systematic procedure. Psychology researchers utilize a set of research methods to describe behavior including observation, case studies, correlational studies, surveys, and self-report inventories.

2. Explain Behavior

Based on careful observations, psychologists find an *explanation* for the observed behavior. Finding explanations for behavior is a very important step in the process of forming theories of behavior. A *theory* is a general explanation of a set of observations or facts. The goal of description provides the observations, and the goal of explanation helps to build the theory.

Explanations in psychology recognize that most behavior is influenced by a combination of factors. These factors are organismic variables (variables that operate within the individual) such as genetic makeup, motivation, intelligence or self esteem and environmental or situational variables (variables that operate externally and influence the behavior of a person). While explaining behavior, a psychologist can explain observations by using his insight into the human experience, along with the facts identified by previous researchers about the behavior being studied.

3. Predict Behavior

Determining what will happen in the future is a *prediction*. Once we understand what happens and why it happens, we can use that information to make predictions about when, why, and how it might happen again in the future. Prediction helps in modifying the behavior.

4. Control or Modify behavior

The focus of control, or the modification of behavior, is to change a behavior from an undesirable one to a desirable one. To control, modify or change the existing behavior, psychologists use different psychological techniques. Only psychologists who work in applied area of psychology are concerned with controlling the behaviors. Psychologists working in theoretical or basic research are only concerned with first three goals of psychology.

5. Improving the Quality of Life

The ability to control behavior is important to psychologists because it facilitates ways of helping people improve their lives. Using psychological knowledge to improve the quality of people's lives and enable society to function more effectively is the final goal of psychology.

Thus, psychology enriches life in many ways by applying fundamental ideas and perspectives in psychology. For example, teachers use positive rewards rather than punishment to motivate their students.

Origins of Psychology

Psychology is as old as the human race. It has both a traditional and a scientific history like other science. Traditionally psychology dates back to the earliest speculations concerning the relationship of man with his environment. As an experimental science, it dates from 1879 when William Wundt founded the first psychological research laboratory at the University of Leipzig, Germany.

In the earliest period of the history of psychology, it was believed that a person's behavior was the result of his fate, which was influenced by the movements of planets. In case we knew the position of planets at any particular moment, we could tell and predict the behavior of the person by evaluating his horoscope. Besides, demons, spirits, ghosts, and other supernatural forces were also held responsible for varying human actions. In this way, the cause of human behavior was being located out of the human being.

But Greek philosophers looked inside the human beings for explaining behavior. Socrates (470-399 BC) adopted a question answer method for looking into the nature of man. Plato (427-347 BC) brought a sharp distinction between mind and body. Aristotle's (384-323 BC) concept of the soul proved a corner stone in psychology. He viewed the *soul* or the *psyche* as meaning *life* and considered the mind as a living-moving phenomenon that directs the activities of the body. He considered mind and body as united and thus brought psychology into the field of Biology.

The Dual Roots of Psychology: Philosophy and Physiology

The idea of a scientific psychology occurred when certain ideas in philosophy combined with findings in physiology, a branch of biology that studies the functioning of living organisms.

In the middle of the 17th century, many philosophers tried to explain human mind through careful reasoning (rationalism). For example, **Rene Descartes**, (1596-1650), a French mathematician and philosopher (known as the father of modern philosophy and father of modern physiological psychology) introduced a new approach called *dualism*. According to this theory, mind and body are distinct entities and that they interact through the pineal gland, a small structure located near the base of the brain. According to him, human behavior can be explained through the interaction between mind and body. He reasoned that the body is a part of the physical world and it takes up space and obeys physical laws, while the mind operates in a world of ideas. Other philosophers suggested that mind can influence body and body can influence mind. This view is known as *interactionism*.

At the end of the 17th century, **John Locke**, European Philosopher introduced the doctrine of critical *empiricism*. According to Locke, the mind of a child is a *tabula rasa* or clean slate. All knowledge is derived from experience, which is transmitted through the sense organs. He also gave birth to a dispute whether behavior is the result of heredity or environment.

Locke's idea on how individuals develop is the starting point to many theorists in modern psychology and specifically developmental psychology. As we go through life and experience what it has to offer, we form the necessary tools to survive and become individuals.

The viewpoints of Locke and his successors gave birth to *associationism* in Great Britain. It was the first school of psychology. Daniel Hartley, Sir William Hamilton, James Mill, John Stuart Mill, and Herbert Spences are known as the architects of this school. According to this doctrine, there is a direct connection between sensation and idea. If sensation has often been experienced together, the corresponding ideas will tend to occur together.

The missing ingredient in the philosophical approach to psychological issues was supplied by psychology's other parent, Physiology. Physiology is a branch of psychology concerned with the scientific study of how living organisms function. Physiologists were interested in discovering how the mind receives and organizes information from the senses. They used scientific approach to study psychological questions. For example, Johannes Muller (1801-1858) described how electrical signals conducted by nerves within the body; Herman Von Helmholtz found how receptors in the eyes and ears register and interpret incoming sensations from the outside world; Gustav Fechner (1801-1878) demonstrated that mental events such as perceptions of physical stimuli (e.g., loudness of a sound or brightness of light) could be measured with precision. When these findings were combined with philosophers idea that the human mind could be studied through empirical means, a new idea emerged: scientific field of psychology.

Darwin's Contribution

According to Darwin, those organisms that are better suited to their environments tend to produce offspring (and pass on their genes) more successfully than those organisms with poorer adaptations. This perspective suggests that our species has been subject to the process of biological evolution throughout its history. As a result of this process, we now possess a large number of evolved psychological mechanisms that help (or once helped) us to deal with important problems relating to survival.

Darwin's theory involves three basic components: variation, inheritance, and selection. **Variation** refers to the fact that organisms belonging to a given species vary in many different ways such as variations in shape and size. **Inheritance** refers to the fact that some of these variations can be passed from one generation to the next. **Selection** refers to the fact that if an inherited trait gives certain members an advantage over others (such as increasing their ability to face dangers, resisting disease, acquire food, finding shelter) or these members will be more likely to

survive and pass these characteristics on to their offspring. The result is that over time, more and more members of the species possess these variations. This change in the characteristics of a species over time is the outcome of evolution. These inherited tendencies constitute our human nature.

Early Indian Thoughts

Indian Psychology refers to psychologically relevant materials in ancient Indian thought. It has been found that modern psychology has taken many of the principles of Indian thought. After 1960, humanistic psychology emerged and the basic concept of Maslow's theory of self actualization established a link to the major part of ancient Indian theories and methods. Concept of consciousness, parapsychology, religion, yoga, etc. is frequently found in modern psychological literature which is rooted in Indian culture. (10 to 1500 BC). Buddhist thought and methods such as four noble truths and eight fold path are highly relevant in modern psychology. Similarly, Jain scriptures also are found to be relevant to Psychology in many ways. The *Vedas* date from about 1500 B.C. *Upanishads* (date from 600 BC) which describe the Vedanta philosophy is highly relevant to psychology. The *Bhagavat Gita* gives a quintessence of Indian way of life and philosophy and it describes the four yogas, Karma, Bhakthi, Raja and Jnana. Maslow's theory of Meta-motivation is very similar to the concept of Nishkama Karma outlined in the *Gita*.

Patanjali's *Ashtanga Yoga* is a very systematic presentation of Raja yoga. Both bhagavat Gita and Ashtanga Yoga are supposed to have been written around the turn of B.C. to A.D. Sankara's writings (8th century A.D.) on the different yogas as well as his advaita philosophy have great value to the psychology of consciousness as well as personal growth. Modern interest in relaxation can be traced to studies on *Savasana*. Rising popularity of meditation practice links psychology to oriental religious practices and philosophy.

The psychosomatic relationship was well known and salient in ancient times. The very first invocatory stanza of Ashtangahridaya (the main text in Ayurveda,

written in 4th century A.D.) describes how emotions like desires lead to both physical and mental diseases.

Many attempts are being made to integrate ancient Indian Psychology with modern Western Psychology. More than 40 books have appeared in the field of Indian Psychology. There is a journal of Indian Psychology published from Andhra University which has an Institute of Yoga and Consciousness. At least five persons have developed personality inventories based on the Triguna theory (Satwa, Rajas and Tamas) of Kapila (Sankhya philosophy, 6th century B.C.)

In Samkhya philosophy, a *guna* is one of three qualities": *sattva* (quality of intelligence, virtue and goodness and creates harmony, balance and stability), *rajas* (Passion, active, confused) and *tamas* (quality of dullness, darkness, and inertia). The interplay of these *gunas* defines the character of people.

In short, Indian psychology is a rich source of psychological insight and can be utilised to create a better future for the whole of humanity.

EARLY SCHOOLS OF PSYCHOLOGY

In the latter half of the 19th century, it was being felt that human behavior should be studied through scientific methods. The thinkers of this age presented their independent views giving birth to different systems or schools of psychology. Important schools of psychology were: Structuralism, Functionalism, Behaviorism, Gestalt School, and Psychoanalysis.

Structuralism: Structuralism is a systematic movement found in Germany by Wilhelm Wundt (1832-1920). According to this school of thought, all human mental experience (mind) could be understood as the combination of basic definable components and then to find the way in which these components fit together in complex forms. Wundt suggested that every experience could be broken down into its individual emotions and sensations for better understanding of behavior.

The aim of this approach was to reveal the underlying structure of the human mind by analyzing individual emotions, sensations and other experience that form an individual's mental life.

Wundt focused on conscious experience involving one's thoughts, feelings, sensations, perceptions and ideas. As he emphasized on the analysis of components of consciousness (supposed structure of the mind) his approach to psychology is named as structuralism. Wundt and his students used introspection method to conduct experiments. (The subjects were usually asked to report exactly what they were experiencing at the moment, they were exposed to the stimulus like light, color, sound or the feel of an object).

Structuralism emerged through Edward Titchner, one of Wundt's students. Titchner and his associates divided the conscious experience, into objective sensations, such as vision and hearing, and subjective feelings such as memory and emotion. Like Wundt, Titchner used introspection; but unlike Wundt, he believed that sensory experience could be used to pull together all the basic elements of the mind.

In short, structuralism was based on the notion that the task of psychology is to analyze consciousness into its basic elements and investigate how these elements are related.

2. Functionalism: William James (1842-1910), the Father of American Psychology, is regarded as the chief architect of functionalism. Strongly influenced by Darwin's theory of naturalism and his own interest in anatomy, physiology, and medicine, he adopted a biological approach to the study of mind, called functionalism. [According to Darwin, those organisms that are better suited to their environments tend to produce offspring (and pass on their genes) more successfully than those organisms with poorer adaptations]. He was particularly interested in consciousness, memory and emotions. His work *Principles of Psychology* published in 1890 became a classic.

According to James, consciousness was central to the study of psychology. To him consciousness means the continuous interaction of mind with the environment. He found that habits are the functions of the nervous system. When we repeat an activity a number of times, our nervous systems are altered so that the next time we do it automatically without much thought involved.

In sum, functionalism was based on the belief that psychology should investigate the function or purpose of consciousness, rather than its structure.

3. Behaviorism: Behaviorism led by John. B. Watson emerged as a revolt against structuralism. Behaviorists viewed psychology as the science of behavior and behavior could be described objectively in terms of responses to environmental stimuli. In other words, they made an attempt to relate overt behaviors (responses) to observable events in the environment (stimuli). [A stimulus is any detectable input from the environment]. Because the behaviorists investigated stimulus-response relationships, the behavioral approach is often referred to as stimulus-response psychology.

In short, Behaviorism states that scientific psychology should study only observable behavior.

4. Gestalt School: This school of thought was founded in Germany in 1912 by Max Wertheimer (1880-1943) and his associates Wolfgang Kohler and Kurt Koffka. According to Gestalt school, we perceive objects as a whole structure, not as a set of separate parts. (Gestalt is a German word meaning form or shape). An example of this fundamental principle is provided by the phi phenomenon, first described by Wertheimer (1912). It is an illusion of movement produced by lights blinking on and off in sequence.

5. Psychoanalysis: This school emerged in Vienna under the leadership of **Sigmund Freud** (1856-1939). His approach to psychology grew out of his efforts to treat mental disorders. Freud treated people with psychological problems such as irrational fears, obsession, and anxieties with an innovative procedure called *psychoanalysis*.

Psychoanalytic theory of Freud attempts to explain personality, motivation, and mental disorders by focusing the impact of unconscious determinants on behavior. According to Freud, unconscious contains thoughts, memories, and desires that are well below the surface of conscious awareness but that exert strong influence on behavior.

In short, Indian psychology is a rich source of psychological insight and can be utilized to create a better future for the whole of humanity.

MAJOR SUBFIELDS OF PSYCHOLOGY

The subject matter of psychology can be divided into two broad categories: pure psychology and applied psychology.

Pure psychology deals with the formulation of psychological principles and theories. It suggests various methods for the analysis, assessment, modification, and improvement of behavior. In applied psychology, we apply the principles derived from the pure psychology. Here, we discuss applications of psychological rules, principles, theories, and techniques with reference to the real practical life situations.

Branches of Pure Psychology

1. **General Psychology**: General psychology is concerned with the study of basic characteristics of behavior in all living organisms. General psychology arrives at theories and laws based on the research evidence. The subject matter of general psychology includes learning, memory, thinking, motivation, personality, intelligence, etc.
2. **Cognitive Psychology**: Cognitive psychology is the branch of psychology that studies mental processes including how people think, perceive, remember and learn. This branch of psychology is related to other disciplines including neuroscience, philosophy, and linguistics.

3. **Experimental Psychology**: Experimental psychology is an area of psychology that utilizes scientific methods to research the mind and behavior. Experimental psychologists work in a wide variety of settings including colleges, universities, research centers, government and private sectors.
4. **Social Psychology**: Social psychology focuses on a wide range of social topics, including group behavior, interpersonal relationships, social perception, attitude, 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.
5. **Abnormal Psychology**: Abnormal psychology is concerned with understanding and explaining the behavior which is not normal. The causes, symptoms, and treatment of the abnormal behavior form the subject matter of abnormal psychology. An important field which is closely related to abnormal psychology is clinical psychology. This field is concerned with diagnosis and treatment of abnormal behavior.
6. **Physiological Psychology**: This branch of psychology describes and explains the biological and psychological basis of behavior. The study of internal environment and psychological structure of the body, particularly brain, nervous system and functioning of the glands in relation to the cognitive, affective and conative behavior of human being form the subject matter of this branch.
7. **Health psychology**: Health psychology focuses on promoting health as well as the prevention and treatment of diseases. Health psychologists are concerned with understanding how physical health and illness relate to individual behavior.
8. **Environmental Psychology**: This branch analyses how behavior is influenced by environmental factors such as home, school, weather, crowding, noise, pollutions etc.

9. **Para Psychology**: Deals with extra sensory perceptions, causes of rebirth, telepathy, precognition, and allied problems.
10. **Developmental Psychology**: This field of psychology looks at development throughout the lifespan, from childhood to adulthood. The scientific study of human development seeks to understand and explain how and why people change throughout life. This includes all aspects of human growth, including physical, emotional, intellectual, social, perceptual and personality development. Topics studied in this field include everything from prenatal development to death. For convenience, it is further sub-divided into branches like child psychology, adolescent psychology, adult and old age psychology.
11. **Crime Psychology**: this branch of psychology studies the behavior of the criminals in relation to their situations and causes through behavior analysis techniques and adopts behavior modification devices for their proper reforms and rehabilitation.
12. **Comparative Psychology**: Comparative psychology is the branch of psychology concerned with the study of animal behavior. Today, biologists, psychologists, anthropologists, ecologists, geneticists and many others contribute to the study of animal behavior.

Branches of Applied of Psychology

1. **Educational Psychology**: Educational psychology applies the psychological principles, theories, and techniques to human behavior in educational situations. Educational psychology involves the study of how people learn, including topics such as student outcomes, the instructional process, individual differences in learning, gifted learners and learning disabilities. The subject matter covers psychological ways and means of improving all aspects of the teaching/learning process.

School psychology is a field that works within the educational system to help children with emotional, social and academic issues. The goal of school psychology is to collaborate with parents, teachers, and students to promote a healthy learning environment that focuses on the needs of children.

2. **Clinical Psychology**: Clinical psychology describes and explains the causes of mental illness or abnormal behavior of a person. This field is concerned with diagnosis and treatment of abnormal behavior.
3. **Counseling Psychology**: Counseling psychology focuses on assisting individuals in dealing with many personal problems that do not involve psychological disorders. Counseling psychologists facilitates personal and interpersonal functioning across the life span with a focus on emotional, social, vocational, educational, health-related, developmental and organizational concerns.
4. **Industrial – Organizational Psychology**: Industrial psychology tries to seek application of psychological principles, theories, and techniques for the study of human behavior in industrial environment. This field focuses on increasing workplace productivity and related issues such as the physical and mental well being of employees. Industrial organizational psychologists are interested in the areas such as consumer behavior, advertising, sale of products; selection, training, and placing of personnel; solving labor problems, and maintaining harmonious relationship between the employee and employer.
5. **Forensic Psychology**: Forensic psychology is defined as the intersection of psychology and the law. Forensic Psychologists lend their psychological expertise to provide testimony, analysis or recommendations in legal or criminal cases. Forensic psychologists study the behavior of the persons like clients, criminals, witnesses, etc. in their respective surroundings with the help of the subject matter for improving the ways and means of detection of crimes, false witnesses, and other complex phenomena.

6. **Military Psychology**: This branch of psychology utilizes psychological principles and techniques in the world of military field. How to keep the morale of the soldiers high during war time, recruitment of better personnel, designing training programmes to withstand physical and psychological stress, improving the fighting capacities, leadership, and organizational climate are the various topics that are dealt within this branch of psychology.
7. **Sports Psychology**: Sports psychology is the study of how psychology influences sports, athletic performance, exercise and physical activity. Some sports psychologists work with professional athletes and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan.
8. **Political Psychology**: Political psychology deals with the use of psychological principles and techniques in studying the politics. The knowledge of the group dynamics, judgment of the public opinion, qualities of leadership, psychology of propaganda, and suggestions, the art of diplomacy, etc. are some of the key concepts of political psychology.

Applications of Psychology

1. **In Education**: the main aim of education is to bring an all-round development in the personality and desired modifications in the behavior of the students. The use of psychology in the field of education has resulted in the discovery of ways and means to provide better teaching, guidance and direction and help the students at all levels of education for their better learning and development. Individualization of education, self-learning, child-centered approach, caring for the exceptional, bringing the problem children and other types of deviant back into mainstream, providing better guidance and counseling for the personal, education and vocational adjustment of the children – all such tasks have been made possible with the use of relevant psychological knowledge and practice.

- 2. In Guidance and Counseling:** Knowledge in psychology help guidance or counseling for solving our personal, educational and occupational problems. Such type of assistance may be properly provided with the application and use of psychological knowledge and practices.
- 3. In Medicine:** Psychology has contributed valuable therapeutic measures like behavior therapy, play therapy, group therapy, cognitive therapy, psychoanalysis etc. for the diagnosis and treatment of patients suffering from psychosomatic as well as mental diseases.
- 4. In Business and Industry:** the application of psychology in the field of business and industry may be described through the following illustrations.
 - a. Consumer psychology may help the business establishments to know the psychology of the consumers.
 - b. Principles of psychology are needed to search for an effective as well as economic means to create the required propaganda and advertisement for the sale of the manufactured items.
 - c. Psychology provides better ways and means for proper organization and management of all human resources.
 - d. The sale and production may be increased if there is a proper worker environment in any establishment and this depends upon how well the interpersonal relationships are maintained among the persons working in that concern. Psychology is used by employers for maintaining proper cordial and trustworthy relationship among the workers and other personnel. The provision of work incentives, bonus and other work and living facilities are then devised by observing psychological principles for motivating, inspiring and adjusting the human resources according to the demands and progress of the establishment.

e. The efficiency of the staff working in an establishment depends upon the degree of job satisfaction. Such satisfaction is made possible through the use of psychological methods and techniques. Similarly, the selection and appointment of the right persons for a particular type of work, division of work according to the worker's abilities and timely promotion etc. also very much count towards the success of an establishment. Use of psychology helps in all such tasks.

5. In Law and Criminology: The contribution and application of psychology in the field of law and criminology are:

- a. To help in the detection and search of the crime and criminal by testing the validity of evidence put up in court with the help of the psychology of evidence.
- b. To suggest preventive measures for the prevention of offences and crimes in the light of proper analysis of the probable causes.
- c. To suggest the ways and means for the proper behavior modification and rehabilitation of the delinquents and criminals.

6. In Politics: Principles of Psychology are beneficial for the politicians who can mould himself according to the circumstances or can reverse the flow of the public opinions and attitudes according to his wishes. What is the public opinion, how can it be molded in one's favor, what is the need of effective leadership, what is the significance of the propaganda tactics, suggestions, timely decisions and responses etc are essential for the students of politics and politicians. These are based on psychological principles.

7. In Military Science: Principles of psychology are beneficial in military field in the following ways:

- a. Help in the selection, training, promotion and classification of military personnel.
- b. Get acquainted with the adaptation or adjustment level and status of mental health of the soldiers and officers through a careful study of their behavior and personality traits.
- c. Bring desirable modifications and corrections in the environmental situations and work conditions of the defense personnel after analyzing the needs to do so.
- d. In the time of war, to keep the morale of the defense personnel and that of the citizens quite high.
- e. To make the defense personnel capable of handling stress in the most difficult situations.

8. In Adjustment and Mental Health: Adjustment with one's self and the environment leads to a healthy and successful life. The key to one's adjustment lies in the gratification of one's basic needs. One may feel adjusted depends on the extent to which the needs are gratified. In the contrary situation, it may lead to maladaptation of behavior, dissatisfaction with his self and the environment. It paves the way for the deterioration of his mental health and abnormality of his behavior. So, when we talk about securing one's proper adjustment and mental health, we have to consider the principles of psychology.

9. In Human relationship and world peace: One of the special and significant uses and applications of psychology in our lives is to develop mutual understanding, peace and brotherhood among the human beings irrespective of caste, color, religion, religion and boundaries leading to universal brotherhood and world peace.

10.In Development of the Self: Psychology helps to understand one's self, plan about one's progress and actualize one's potential to the maximum in the interest of the self and society. Psychology provides valuable directions for understanding our own abilities and capacities, develop them properly and then strive for an adequate adjustment with the self and the ever-changing needs of the environment. In this way psychology has a wide application and utility. There is no corner of one's life which cannot be illuminated with the help of psychology. Psychology helps the individual to grow and develop in totality with complete resonance to their environment to achieve happiness and contribute towards social progress and development.

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