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## **PSYCHOLOGY IN EVERYDAY LIFE**

Psychology is an everyday occurrence of our lives. Psychology is very important especially because it deals with the study of the mental processes and behaviour at the same time. How we behave, how we react to situations, and how we perform are all associated with psychology. That is because psychology studies our nature, how we think and how it is related to what we do, and why we think and act the way we do. Everyone uses psychology on a daily basis, whether they are talking with friends, arguing with a partner, or disciplining their children. Most people just don't realize why we should make correlations between science and our decisions. Understanding how mind works helps in our everyday life allowing us to build strong relationships and make the best decisions. We think it is necessary to take the following principles into consideration:

*Relationship-building.* Humans are socially programmed, we work hard to find and build good relationships with other people. We affiliate and attract different people at different stages of our life. Psychology makes our lives easier. By building positive relationships with others, we will be happier and more fulfilled and feel more supported, supportive, and connected.

*Increased self-understanding and insight.* By learning about psychological constructs, such as dimensions of personality, we can better understand ourselves, our motives, and our patterns of behavior. Psychological assessments allow us to know and understand our true selves better.

*Understanding human nature.* Evolutionary psychology helps us better understand our natural urges and internal forces, such as aggression, sexuality, and dominance — the “survival mechanisms” that we must learn to govern and control in order to become more civilized human beings.

*Overcoming biases.* Social psychology teaches us about biases, such as the in-group, out-group bias, that are at the root of prejudice and discrimination. Clearly understanding our biases in social perception can help us become more empathic and understanding of others, and ourselves.

*Understanding motivation and goal-setting.* By gaining insight into what motivates us, and by using the well-supported notion of goal-setting, we can learn to accomplish great things, and we can better understand why we strive for the outcomes and goals that we do.

*Improved communication and empathy.* Learning about topics such as emotional intelligence and nonverbal communication can help us pay attention to the subtle, unspoken cues in others that allow us to connect with them on a deep, emotional level.

*Improving communication.* A greater understanding of how humans think and behave will help people communicate better. They will be more effective in understanding what a person really means by gestures and actions.

*Building self-confidence.* By understanding more about yourself and your personality, you can gain more self-confidence. You will learn more about your weaknesses and can build on them.

With psychology, we are able to learn about ourselves. To fully understand ourselves we have to know about the causes of our own behaviour and our perspectives in life. By knowing ourselves and learning our own personality, we can develop goals for ourselves. Also, by learning about ourselves, we are able to learn about other people and their differences. Gaining understanding of oneself and of others can help improve the way relationships and communications work. These are only some of the common uses and the importance of studying psychology.

### ***References:***

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